



The power of Kundalini Yoga: **AGNI PRAN**

AGNI PRAN

Practicing Agni Pran (Breath of Fire) helps release toxins and chemicals from the cells in your body, expands your lung capacity, strengthens your nervous system, and increases your resistance to stress and your vitality.

(EN ESPAÑOL)

Practicar Agni Pran (Respiración de Fuego) ayuda a liberar toxinas y químicos de las células de tu cuerpo, expande tu capacidad pulmonar, fortalece tu sistema nervioso, aumenta tu resistencia al estrés y aporta vitalidad.



AGNI PRAN

In Kundalini Yoga we use this breath while doing different yoga postures, which enhances its benefits. Once mastered, it deepens the experience in asana and meditation.

(EN ESPAÑOL)

En Kundalini yoga utilizamos esta respiración mientras realizamos diferentes posturas de yoga, lo que potencia sus beneficios. Una vez dominada, profundiza la experiencia en asana y meditación.



AGNI PRAN

When practicing it, inhale & exhale through your nose. The power of this breath comes from your Navel Point & Solar Plexus, at your lower abdomen, which moves out when you inhale & in towards your spine when you exhale.

(EN ESPAÑOL)

Al practicarla, inhala y exhala por la nariz. El poder de esta respiración proviene de tu Punto del Ombligo y Plexo Solar, en la parte baja de tu abdomen, que se mueve hacia afuera cuando inhalas y adentro (hacia tu columna) cuando exhalas.



AGNI PRAN

The breath is short, strong & rhythmic, usually sustained for 2 to 11min. The inhale & exhale should be balanced in length and strength, with no pause in between, leading to a quick pace when you master it. Begin doing 1min. & slowly build up.

2-11min.

(EN ESPAÑOL)

La respiración es corta, fuerte y rítmica, generalmente sostenida de 2 a 11 min. La inhalación y la exhalación deben estar equilibradas en fuerza y duración, sin pausas en el medio, lo que lleva a un ritmo rápido cuando la dominas. Comienza con 1 min. y construye poco a poco a partir de allí.





AGNI PRAN • BREATH OF FIRE

Breath of Fire, also known as Agni Pran, is a breathing technique that is both invigorating and purifying. It involves abdominal contractions, which are rhythmic and balanced. It is an incredible tool against feeling anxious, nervous, worried, fearful, sorrowful, and sad.

This breath revitalizes completely your nervous and glandular systems purifying the blood in the process. When you do the breath in certain postures or with certain movements that exercise pressure on the different nerve plexus and glands, these areas of your body fill with vitality and energy.

As those parts of your body become healthier, the energy flows towards affected areas so they are able to keep their vitality.

Over time, as our energy increases, the mind experiences a greater peace, thoughts become clearer and one feels certain radiation circling the whole body. The stressful need to always be thinking and acting and then to be the “doer” begins to diminish as the mind becomes more receptive and open to understanding. The sensation of a natural unity amongst all things begins to emerge.

TECHNIQUE

In order to learn the technique, begin with a slower abdominal movement. As you exhale, the abdomen and the Navel Point lightly contract moving towards the spine and somewhat upwards, and as you inhale the abdomen relaxes forward as the diaphragm lowers filling up the lungs. The progressive intention of this abdominal movement, in and out, creates both an active inhalation and exhalation. The sound of the inhalation and the exhalation should be the same. As you learn the technique, maintain a moderate speed listening to the rhythm you are creating, and try to merge into that rhythm feeling it occupies all of your senses.

When you have acquired sufficient practice with the technique, the diaphragm will move like a piston, raising up and lowering down approximately 2-3 times per second rhythmically, balanced, and continuously.

CLUES

- It is important to practice elongating the spine.
- As you practice Breath of Fire, remember that the rest of the body is relatively static.
- The breath is dynamic (around 2 breaths per second), but begin with a rhythm that is comfortable until you gain mastery of it.
- It is fundamental that the inhalation and the exhalation have the same length and strength.
- Once you have practice, you will be able to do the technique as fast or soft as you want, depending on the exercise.

COMMON MISTAKES

Scientific tests measuring the brain waves and blood chemistry in the body, and testing the levels of oxygen and carbon dioxide, have shown that Breath of Fire isn't the same as hyperventilation. There is no reason for the exercise to produce hypocalcemia or rigidity in the hands, feet, or face, dizziness, or vertigo. These are signs that you are not doing the technique correctly and it is better to stop the practice until you have more instruction.

It's possible that you might be doing one of the following things:

- Breathing using the opposite technique. Many people learn to breathe in a way that is contrary to the natural process and contracts the Navel Point in during inhalation, which reduces the abdominal space (and therefore limits the movement of the diaphragm) and the amount of air that can enter our lungs. This pattern is common among smokers and those people who suffer from anxiety.
- An exaggerated pumping of the abdomen. If the contraction of the abdomen is too strong, it can affect our capacity to do Breath of Fire correctly. If you force the abdominal movement too much, you could cause lumbar pain as the diaphragm itself inserts into the upper lumbar region (L-2, L-3).
- Even though you are doing the exercise correctly, it could happen that after a series of exercises, you feel the same sensations of light-headedness, dizziness, or other symptoms; in most cases, they are really just the body adjusting and the blood eliminating toxins. One way to avoid these sensations is to concentrate on the forehead as you do the breath.

COUNTER-INDICATIONS

- During pregnancy.
- The first days of the menstrual cycle.
- If you suffer from hypertension.
- Elderly people or children under the age of 8 years old.
- If you use drugs.
- People who suffer from mental or psychological diseases (schizophrenia, paranoid behavior...etc.) even if taking medication.

BENEFITS

- Aids the heart and blood circulation to rapidly eliminate toxins from the system.
- Expands lung capacity.
- Stimulates the solar plexus and thereby permitting a greater and freer flow of energy.
- Strengthens the nervous system and balances the hemispheres of the brain.
- Stimulates gland secretion.
- Increases physical endurance.
- Useful in breaking addictions.
- Cleanses harmful effects from drug use, cigarettes, alcohol, or other toxic substances.
- Produces alpha rhythms in the brain.
- Contributes to greater mental and physical energy throughout the organism.
- Controls stress.
- Charges the electromagnetic field.
- Helps to synchronize biorhythms in the body.
- Used in different kriyas, prevents disease and strengthens the immune system.
- Increases by 60 times the positive effects of the exercise.
- Produces a rapid change in the chemical composition of the blood.
- Produces a powerful massage, both physical and energetically, of the lower chakras, the vagus nerve, and all internal organs.
- Elevates the energy from the second and third chakras to the fourth chakra, the heart center.
- Helps to counteract the feeling of lethargy either on a physical, emotional, mental, or energy plane.
- Creates a concentrated mind, intelligent and neutral.



imagine@imagineacademy.eu

www.imagineacademy.eu