

Moon Phases in Pranayama and Kriyas

### **Around Time of + - 2 days Full Moon**

Strongest gravitational energy. **Easiest to move the Prana - tendency towards Guna of Rajas and Movement of Body and Emotions and tendency towards the Agitation of the Vata and Pitta.** Therefore, a stronger expression of your dosha will emerge. Kapha has less of an issue at this time and tends to benefit from it.

Practices which stimulate **Pitta and Vata can therefore be difficult.**  
One should pacify the Vata/Pitta dosha

*That means:*

**Reduce the length of the Practice.** For instance the number of rounds of Breath is reduced, the depth of the breath can also be reduced. The intensity of the work, less. The overall practice length also less. For strong Vata persons, cut out the Pranayama during the strong full moon and focus on other things.

**Chanting/Mantra** is not as loud nor as long (go inwards, shorter, quieter and softer). OM repetition can be too spacious and expansive for people that are easily stimulated upwards.

**Less use of Bandhas which lift Apana** (like Uddiyana, Kapalabhati) and more emphasis on the the earth element and the gentle use of Mulabhandha. Kechari Mudra can be useful. Gentle Brahma Mudra can also be very supportive though the eyes along with Trataka. Walk and bathe under the full moon after Trataka.

**Gentle Jalandhara Bandha** holds a special purpose during Full moon phase. It holds the Amrita in the Lunar Plexus (the moon nectar located at the base of the brain - above the upper palate. Seated soft Pranayama, with gentle Jalandhara position, hands in a grounding Mudra

**Breath direction/movement on exhale can be downwards.** On full moon, consider to the use of a downwards and sideways exhale (instead of traditionally upwards) becomes useful in the Pranayamas during the exhale.

**Bhaya and Antar Kumbhaka is ok**, but try to leave the breath hold lower and wider in the body instead of moving it upwards. (this can vary a lot from student to student. With proper experience and sattvic conditions, the Antar Kumbhaka can feel very warm and grounding. For a beginner, or someone under stress, it is usually too stimulating or stressful on the nervous system.

**Reduce Vata at this time**, since things are often flowing quite strong. All Vata Reducing practices etc are useful at this time. Fewer variations and number of practices, slightly shorter times and ratios, softer ujjayi, more concentrated, stabilizing practices.

**Grounding Asana**, Long held forward folds with head supported; soft face down twists; face down restorative pranayamas are all useful. Digestion Asanas (stimulating the stomach, like Supta Virasana can also be very useful. They help to digest and balance the Samana and Apana Vayu. Viparita Karani can be useful here when an inversion is desired (focus at throat and navel) and bind the legs wide or narrow. Add weight to the body in Savasana or Face down.

**Pacify the Wind and Transform the Fire.** We tend to get quite caught in the Ego (I) at this time and so we search some forms that give the beauty of this strong energy as selfless work. Devotion, Loving Kindness / Metta, helping others / compassion. The full moon will influence the element of Fire/Passion/Intensity. Convert the heat of Fire, and the excess inward thinking into the Light of Tejas through Devotion/Loving Kindness (which takes passion and offers it as love to others).

## **Around Time of + - 2 days New Moon**

Most empty, dark and silent time and therefore ideal for Kundalini, Prana and Udana Vayu since we are safe to really flow upwards and reach. Therefore, Sankalpa. Prayer, Mantra, Re-setting patterns from this dark empty space is ideal and profound. The quiet inner world of the Kumbhaka is also wonderful at this time since it reveals what is not seen when there is too much external movement and stimulation.

That means:

Do normal Asana practice but consider to do more subtle practices and less of the body. Devote more time to the strength of these subtle practices of Pranayama and Meditation.

Use some brighter energy in this phase of Pranayama . Take some work into Pingala Nadi to see clearly. Solar work and Antar Kumbhaka can be useful at this time. See the inner light (savitur, which is more evident when the world around is quiet and silent (a new moon quality).

The movement of Prana along the central channel is also useful at this time. all pranayama and dharana which has vertical breaths and sushumna breaths.

The use of "Tapas" is ideal at this time. Heat which is needed to ripen - to work with things which are not completed yet, which require an evolution can be given more attention at this time.

Difficult tasks, forms, practices. Therefore practice in ways that come away from habit, from limiting patterns and beliefs.

Practices at the Anja Chakra (stimulating Buddhi)

Emphasis on the space between things. Kumbhaka is beautiful during the New Moon days.

Inverted breath. Inverted Asana. Working with Lunar Plexus, turning life upside down

Upward Spacious Mantra (repeating OM for instance) to influence Udana Vayu.  
Or Mantras for change, Mahamrytojaya, Om Kreem Kali-Kayai Namah, OM Namah Shivaya.

Full Moon  
Sept 29

Opening Chant  
Supta Vira or Supta Baddha  
Face down twist on bolster

Seated Breath  
Chin softly down, grounding hands. basic breath with Strap  
Viloma option  
Brahma Mudra  
Kechari Mudra

Face Down Savasana (Third Eye support) simple or FULL option with 2 bolsters

Gentle Nadi Shodana with Downward exhale focus  
(Antar option towards end create soft belly)  
Visualisation Nadi Shodana

Vata Reducing Pranayama

Devotional work, Loving Kindness on exhale.  
So Ham at Dvadashanta  
With Candle in short Trataka.

closing options  
Long Legs up Vip Karani with weight and legs strapped  
Face Down Savasana work  
Classic Savasana with weights to ground, eyes bound, throat supported.