

Mild forms of Depression and Heaviness or Stuck in the mud

Relates to excess kapha - see Doshas and Pranayama.

avoid going too quiet or too inwards. make the following steps
then eventually, G> back to the buddhi once the fire, and air element are working well again

A> Stimulation and circulation. get the vyana vayu moving again.
Asana works wonders. Go against the grain the normal patterns.
cleanse for instance (Ayurvedic cleanse works so well)
Cold baths, runs or walk in nature. dance, shake, etc.

B> then stimulate by turning things upside down and doing long basic breath
invert the elements so the heavy earth is now in the sky. use
strong heart opening pranayama/asana forms like Viparita Karani and Viparita Dandasana
Long downdogs or headstands

C>bring the breath deeper and smoother again in the seated positions
open the ribs and then aim a bit higher. (strap on ribs, strap of chest)
then add, uddiyana bandha forms, kapalabhati and bastrika
plus stimulate this samana vayu area with twists

D>Solar Pranayamas / Pingala exercises
(add Antar Kumbhaka if the student can perform this)

E>then going up the vertical line
Mula bandha on exhale breath while doing in the sushumna vertical breath
use Dharanas with end up in the crown, like OM AH HUNG, and meditating near Anja Chakra so
that we see more clearly (ham sa breath at third eye for instance)

F>Brightness of vision clarity
Fire Ceremony, Chanting Gayatri, Pranava (since OM is Spacious)

G>then stimulate the Buddhi (witnessing mind).
once there is vitality, meditate and watch things arise and fall.
to get away from holding on to things and being stuck in spaces

Stress and Burn Out

too much fire, too much thinking, over-action, moving. without adequate rest and recovery. In burn out, the wind has dried out the Ojas, the fire has eaten up the Ojas. Therefore, one must build the Ojas slowly back and get away from things that are too windy or too fiery. (this takes months but some results can also be seen soon. but it takes patience)

in practice and life, anything which is sweet, loving, warm, slow and steady, grounded love is the key!

make practice more sensual. good sounds in background while practicing, nice smells. try to enjoy that which is beautiful and nourishing. take away the effort to “do too much”.

pranayama in nature is ideal when possible. forest bathe, walk and then sit and breath and near trees, water, ...back to the mountains when possible.

use more supine pranayama. focus on the feeling and inner experience rather than the performance

take savasana with weight on the body, bind the head or eye pillow, shift the light, and take longer than usual savasana. (12-18 minutes is very useful)

avoiding long, seated pranayamas. some pranayama is good, but shorter sessions and use more unstructured mindful breathwork (use supine when that feels more supportive).

go back to simple breath concepts, circualte awareness the the breathing area. feeling and enjoying the basic full breath and nourishing the tissues. use soft forms of viloma with hands on body or use straps, so there is reference to the sensations of touch.

**focus on light Nadi Shodhana as the one structured central work over time (build up slowly) this practice will balance the issues and bring back harmony to the Brhmana channels without over burdening the Langhana. Notice the simple pause instead of using formal kumbhaka and focus more on the exhale pause). avoid counting or too much details which force the effort.

when preparing to do the pranayama/breathwork, oil the body (vata oil is great) , feel cozy when you practice. Add nourishing food after, kitcheree, ghee or coconut oil. turmeric milks (as examples)

use visualisations and dharanas (SO HAM, loving kindness meditations, be with meditations that feel good in the heart and that flow easily and with pleasure.

sitting or supine positions with music that you enjoy, devotion chanting if it resonates or singing bowls.

Working with Asthma (to manage conditions and improve obstructions, reduce inflammation)

Short bhaya (Buteyko method) (5 small breaths, with 2-5 second bhaya pause) building over time

Use the sipping breath thru the pursed lips

Face down savasana / Balasana with neck soft shoulders relaxed

initiate breath from Back of the body instead of front using strap/block etc

Viparita Karani at wall to softly reverse the breath in lungs

Release the diaphragm, psoas, in windshield wipers, ardha supta virasana

Build confidence in the lungs in Asana (active inversions like long Downdog where you focus on slowing down breath)

reduce inflammation, reduce kapha in lungs (see ayurvedic notes on lungs)

Back to Basic Breath

use strap, supine, back of body, filling the balloon

Pregnancy

Naturally all the pumping, uddiyana bandhas are not needed and not recommended

Supine pranayama only used in the early stages (first trimester), otherwise sitting.

*avoid supine pranayama from the mid point of the pregnancy onwards. instead, laying gentle to one side can be good, since vena cava inferior (vein) can be uncomfortable and perhaps unsafe, decrease oxygen to baby, cause dizziness in the mother.
best is lean to left. or stay seated

mostly when wanting to lay back for breathwork, use a 45 degree recline on bolsters.

emphasis on lunar pranayamas

imagination of the pranayamas instead of formal work

imagine the kumbhaka as small pause and connection inward to baby. but not holding the holding in any formal kumbhaka

deep rhythmic belly breath. diaphragm gets tight and hard to release in the later stages.
so use hands on belly, slower exhale promotes good release of oxygen into tissues.

SO HAM and HAM SA into the belly

chanting is a perfect form of pranayama since the vibration and sounds connect to the baby. the first tanmatra in the baby is the sound/ether element from week 20 approx.

Postpartum - after birth

working in connection with skilled guides.
but basic pranayama theory suggests:

waiting until 12 weeks before using lower body kriyas then only gentle kapalabhati.

reconnecting to the base of the body after birth. first 12 weeks is almost no sense of mula bandha but after some months, mula bandha exploration in supine pranayama and supine restoratives can be great. lots of time for no technique breath work in the supine positions.

focus on the soft inversions (just the gentle forms) for the pranayama since this helps to release pressure off the collapsed areas of pelvic floor

yoga nidra as a guided meditation often more effective to get rest and let the nervous system rest

diastasis in rectus abdominus - avoid uddiyana bandha until back to less than 1cm, consult physio, use gentle kapalabhati only.

simple Nadi shodhana as the foundation once there is a stamina again.

Menstruation

softening the experience in Apana vayu.
very similar to evening pranayama advice which connects to lunar and to earth element

Respiratory illness and digestive illness

is generally taught to avoid pranayama since that tones those organs. Recover and heal before toning. see ayurvedic notes on tonification.