

Zero Point Yoga



Awakening Prana at Manipura and Pingala Nadi

In this session we will be exploring the subtle pranas which flow through the body with the breath.

The subtle pranas flow out from Manipura with the inhalation and back to Manipura with the exhalation. By reversing the flow of the two minor pranas Prana and Apana, we can awaken and activate the solar plexus Chakra, Manipura - so that it becomes a much larger reservoir of Prana.

With an increase in the capacity of our own internal battery of vitality, we can enjoy better health, feel more energy and learn to heal, empower and manifest our goals and dreams.



Merging Prana and Apana

"If you want to find the secrets of the universe, think in terms of energy, frequency and vibration."
~Nikola Tesla

Overview of the Practices



1) Janu Sirshasana - Head to Knee Pose

Breathing: Inhale in the starting position, exhale while bending forward.

Awareness: Swadisthana Chakra



2) Setu Asana - Bridge Pose

Breathing: Inhale in the starting position, exhale while lifting, breath deep in the final position.

Awareness: Manipura Chakra



3) Dhanurasana - Bridge Pose

Breathing: Inhale deep in the starting position, exhale while lifting. Breath deep in the final position.

Awareness: Manipura or Ajna Chakra



4) Ushtrasana - Camel Pose

Breathing: Breath normally.

Awareness: Swadisthana & Visdhuddhi Chakras



5) Vhyagrasana - Tiger Pose

Breathing: Inhale while stretching the leg back, exhale back down.

Awareness: Swadisthana Chakra



6) Merging Prana and Apana

Withdraw the senses and begin to perceive inner space. Reverse the flows of Prana and Apana so they meet and Manipura on the inhalation.

