

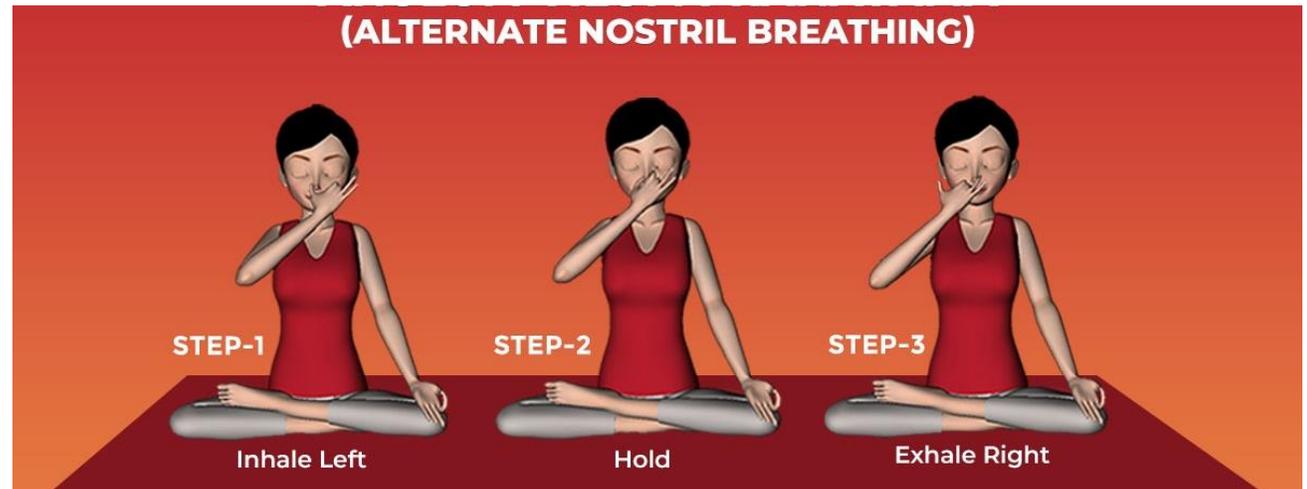


Mastering Breath: Qigong & Pranayama

Benefits of Anulom Vilom Pranayama

- Excellent for respiratory issues like asthma and allergies.
- Helps in balancing and relaxing the nervous system.
- Helps relieve headaches, reduces stress, anxiety and depression
- Removes toxins from the body.
- Builds up stamina in the lungs.

This **breathing** technique enhances the use of both the left and right hemispheres of the **brain** by providing equal amounts of oxygen, which assists in further developing the **brain** to its maximum potential.

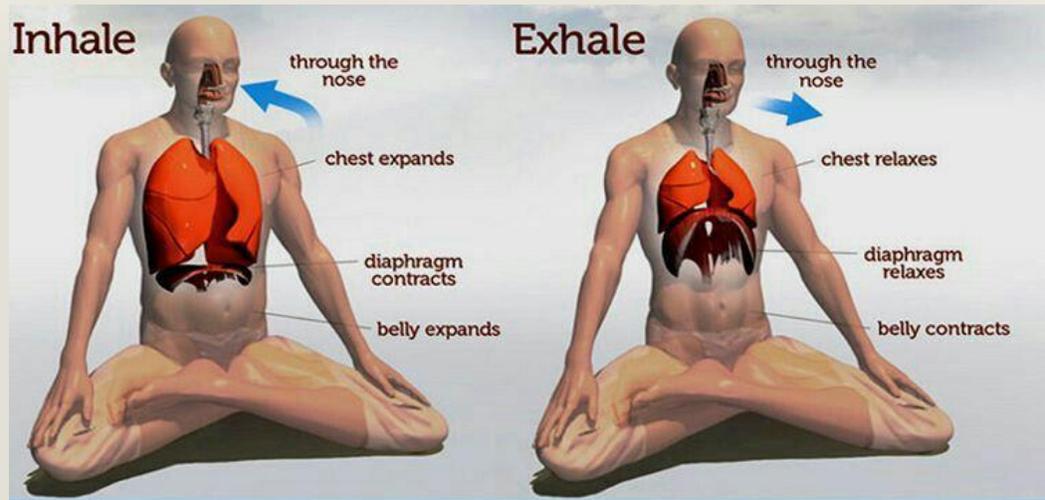




- This particular pranayama is a breathing technique that produces an ocean-like sound and can be applied across different yoga styles to help stabilize the breath and mind. The benefits of ujjayi breath are broad and include **improving mental focus, reducing stress, and fostering a deep sense of inner calm and connection.** With Ujjayi breath you breathe in and out of the nose with the lips sealed – no breath passes the lips. This also serves to build heat in the body. The lips gently close and although the breath is passing through the nostrils the emphasis is in your throat.

Ujjayi breathing

Deep Breathing

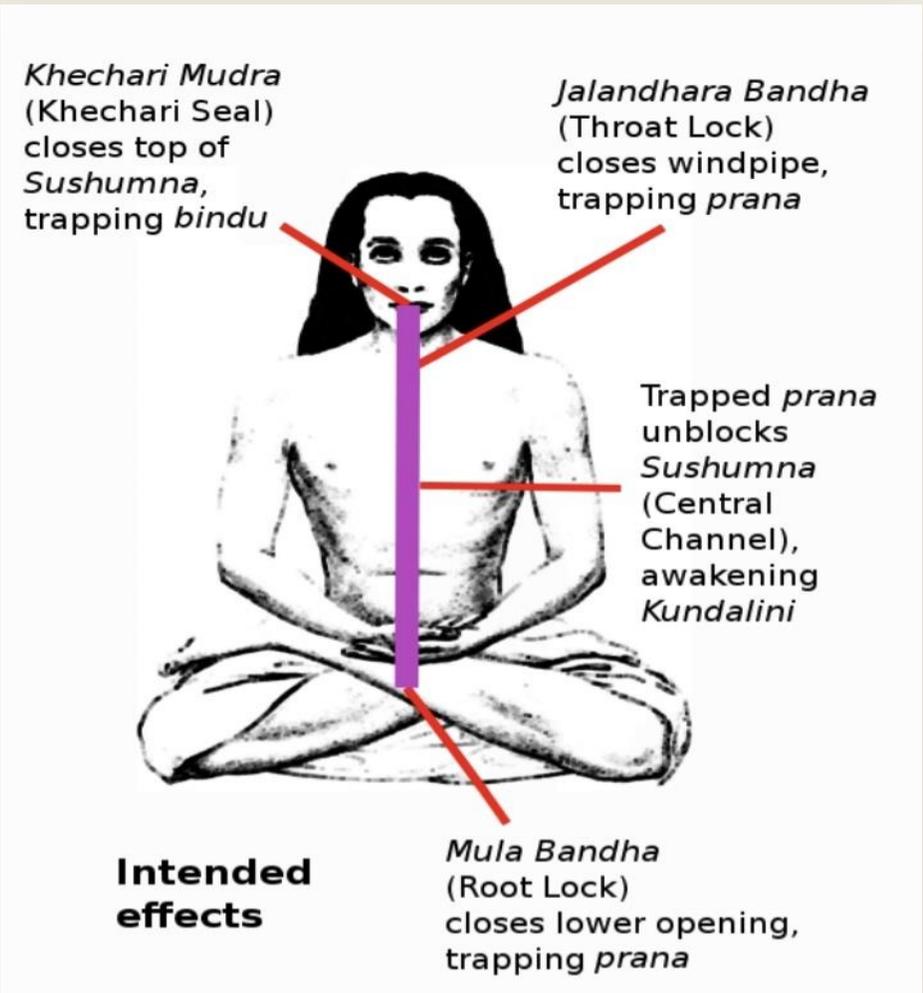


BENEFITS OF DEEP BREATHING EXERCISES

- Detoxifies And Releases Toxins
- Releases Tension
- Relaxes The Mind/Body And Brings Clarity
- Relieves Pain
- Strengthens The Immune System
- Improves Quality Of The Blood
- Strengthens The Lungs
- Improves Cellular Regeneration
- Elevates Mood



The Great Lock



Deep breathing

There are **three** main **bandhas**, or energetic locks, that run along your spinal column (Mula, Uddiyana, and Jalandhara), , and a combo of the **three** main **bandhas** called Maha **Bandha**.

They purify, remove blockages and harmonise and balance the self. **Bandhas** temporarily halt the flowing of blood, so when released there is an increased flow of fresh blood. This flushes away the old, dead cells and activates the organs to strengthen, renew and rejuvenate as circulation is bolstered.



What is nauli pranayama?

- Nauli is one of the kriyas , preliminary purifications, used in yoga. The exercise is claimed to serve the cleaning of the abdominal region (digestive organs, small intestine) and is based on a massage of the internal belly organs by a circular movement of the abdominal muscles.

What are the spiritual benefits of nauli kriya?

- Increased mental clarity. Some people believe that because Nauli kriya stimulates the solar plexus or manipura chakra (a storehouse of prana, or energy), it increases mental clarity and reduces brain fog.

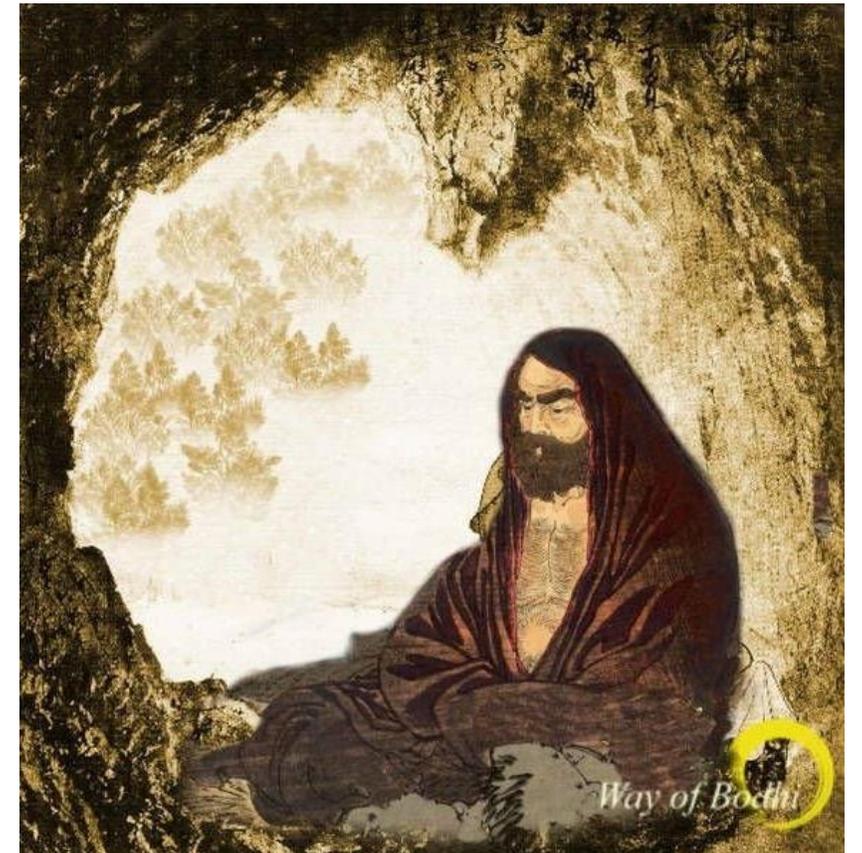


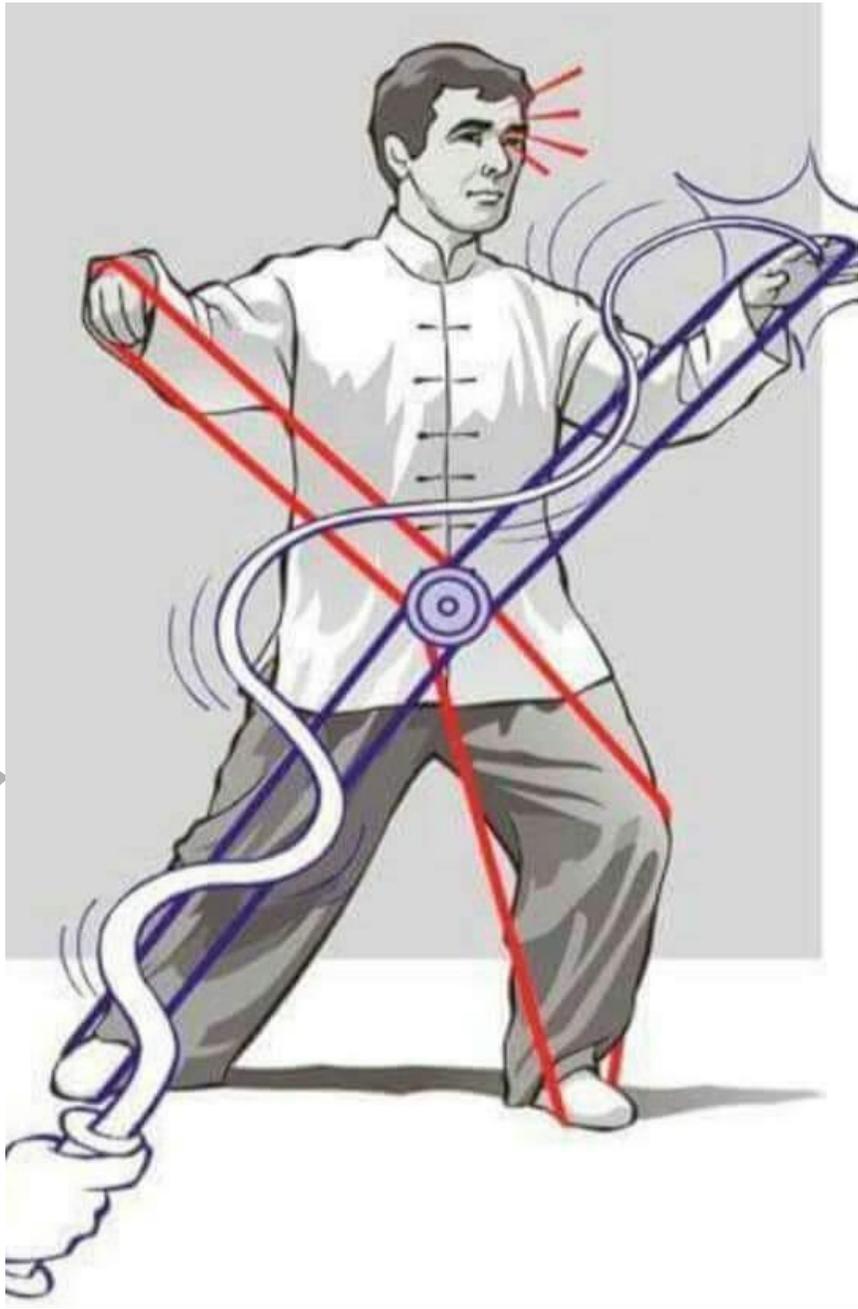
Roots of Qigong

- Historically Qigong is about 5.000 years old it's an ancient practice coming from Chinese medicine. Qi means life force energy, it's your aliveness and gong means to work with or to develop a skill at working with that life force energy.

- In many accounts of history, **Bodhidharma is said to have traveled to China in the late 5th century CE, spreading his teachings to the people.** He is credited with aiding the Shaolin monks in their meditation and martial practice, though some accounts state that he founded the Shaolin monastery.

At the Shaolin monastery, Bodhidharma saw that the monks were weak from meditation and fasting. He taught them the martial arts he had learned as a young prince. This gave birth to the famous **kung-fu** warrior monks of Shaolin!



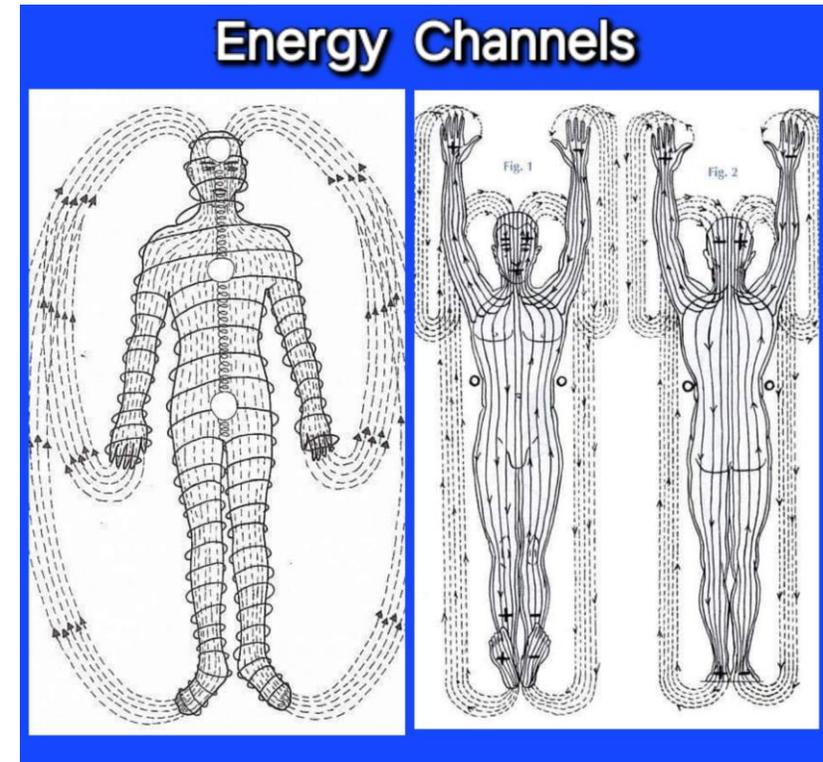


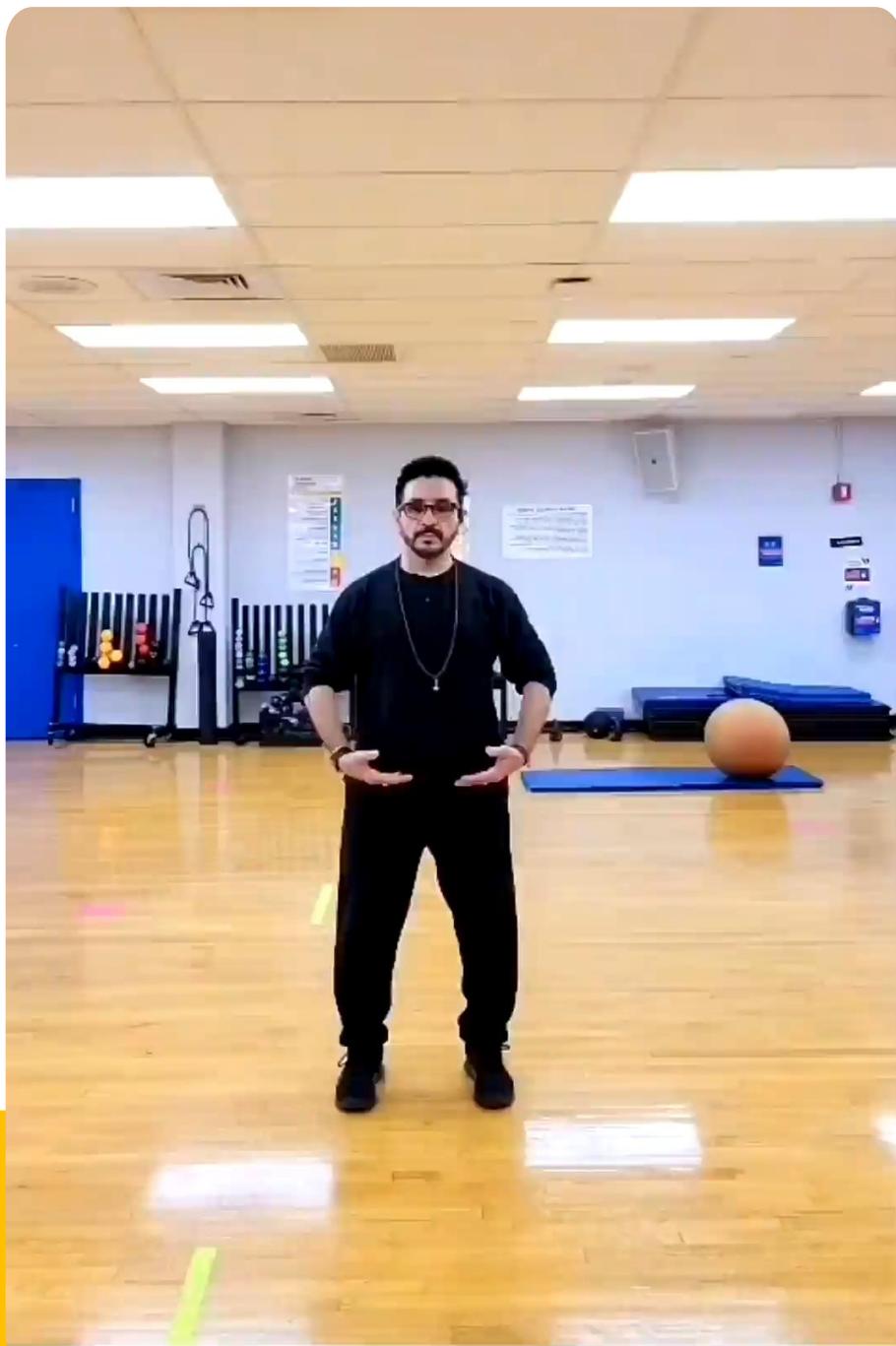
Qigong was also broken down into three distinct Styles, one was medical Qigong how to work with energy for health wellness and vitality, the other was spiritual Qigong how to feel that connection to the divine, maybe meditation practices the energy of Consciousness and the Mind and Spirit. And the third was martial arts style of Qigong how do you work with energy to develop a powerful body. That's where Tai Qi falls into that third branch of martial arts style of Qigong practice so we can say that Qigong was the mother of Tai Qi, it gave birth to Tai Qi practice for Martial arts application.

But both of these practices have unique and similar principles, for example both practices move from the center, both practices are water like, they're internal Arts they both cultivate energy. Now the intention of both practices is to develop and cultivate that energy for health and vitality and internal power and then Tai Qi what it does is it moves into a martial expression.

Deep breathing relieves your stress, calming your mind and body on a cellular level, and immediately boosts your immune response.

Qigong also works with the 5 elements of nature. Just as emotions affect the body, and the body affects the mind. Qigong routines helps us to find balance and harmony from the inside out. The five elements represent the energy in nature, one energy differentiating into many forms. Water flows down the mountain and becomes the trees, the trees reach up toward the sky to absorb the fire of the sun, the sun awakens life throughout the Earth, and Earth condenses into the precious metals deep under the soil.





The 8 Brocades Qigong

There are numerous benefits from the Eight Brocades Qigong Practice including improved energy, vitality, bone density, strength, flexibility, balance, coordination, and longevity to name a few. Also, a great practice for reducing blood pressure, cancer support, thyroid issues, back pain, arthritis, and more. A set of Baduanjin qigong practice consists of 8 movements, each with 5–7 repetitions, in addition to starting and ending postures. It typically requires approximately 15–20 min to complete. The exercise comprises movements that stretch the spine and limbs, in addition to improving muscle strength.

18 Taiqi Qigong

- The Taiqi Qigong Shibashi (18 movement) is a modern Qigong form combining elements from the Yang form Taiqi and more traditional breathing and movement exercises from Qigong. The routine combines slow, deliberate movements, meditation, and breathing exercises and can be done in one place (standing or seated)
- The Benefits of Shibashi include boosting the immune system, improving flexibility, strengthening bones, reducing blood pressure, improving balance, strengthening muscles, tendons, ligaments, and stress relief. The whole body always moves together, slowly, continuously, and harmoniously.



Iron Shirt Qigong



- The process of Iron Shirt Qigong works to build, or rebuild, the strength of our body and energy from the inside out. It works in subtle ways to open the joints and strengthen the ligaments and tendons. It regulates and strengthens the activity of the nervous system. It tones the circulatory system to better support healthy internal pressure and flow through the body. It creates flexible dynamic strength through the whole body as all the tissues work together to find optimal alignment and to efficiently support load and withstand force.

Thank you

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