

Teaching Homework 5

Pranayama



1. What are the breathing ratios for khumbhaka.
2. Write instructions for teaching sitali.
3. Find out and explain the original theory that underlies nadhi sodhama.
4. Name and locate the three bandhas (a drawing would be acceptable); and give examples of when you have experienced any of the bandhas in yoga practice.
5. What does the word 'meditation' mean to you? Is there any link between this and the practice of asanas and pranayama?

NB: think about what you have done in class and refer to Mary Stewart's and Peter Blackaby's books.