

Pranayama & Ayurveda

My Original Elemental Composition (Prakruti) is ::

My Current State of Imbalance (Vikrtui) is::

According to Ayurveda I need more of what of the following elements in my Pranayama practice::

Describe the intended focus of your intention that you will incorporate into your pranayama practice? Where and on what qualities should your mind be focusing on?

What Pranayama exercises will you begin to incorporate into your daily routine and why?

