



WEEK FIVE: Home Activity

EXPLORING PRANAYAMA & ADDICTION

1. Explain the concept of Hemisphere Integration, in your own words.
2. What is the role of the hypothalamus in pranayama?
3. What type of breathing technique would you recommend to a client who is in the primary stages of reconnecting with their body after a traumatic incident?

CASE STUDIES: Based upon these imaginary “clients”, determine what you think and feel the most effective pranayama practices would be for each.

<p>Client History:</p> <ul style="list-style-type: none"> • Working 60 + hours each week • Exhaustion • Insomnia 	<p>Recommendations:</p>
<p>Client History:</p> <ul style="list-style-type: none"> • Has difficulty communicating needs • Social anxiety 	<p>Recommendations:</p>

