

PRANAYAMA IS KUMBHAKA: THE SCIENCE OF ORIGINAL PRANAYAMA

FREE  ZOOM EVENT

Learn the **differences** between ***original pranayama*** and ***modern pranayama*** and why the practice of pranayama ***changed radically in the 1880s.***

You will also:

- Learn how to increase the oxygenation of cells in the body through reduced breathing techniques
- Experience a guided meditation with the Buteyko breathing method
- Receive a free e-book by Michael, "The Science of Pranayama"

Sept. 27
6pm

Oct. 14
3pm

Will run about 1 hour

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Pranayama is Kumbhaka: The Science of Original Pranayama

*"There it was in treatise after treatise: **pranayama was kumbhaka**. The Hatha Yoga Pradipka, for example, mentions eight types of pranayama; each is named as a type of kumbhaka. Techniques that do not contain breath retention are not even considered pranayama. The masters were very clear: The miraculous benefits of pranayama lay in mastering our volition power to NOT breathe, nothing more or less than that."*

-Robin Rothenberg, Restoring Prana

Original pranayama was a form of carbon dioxide tolerance training that helped yogis learn to breathe less and live longer by super-oxygenating the body and brain, stilling the bodymind. By increasing carbon dioxide levels, these yogis experienced increased oxygenation at the body's cellular level, because higher carbon dioxide levels lead to a higher rate of oxygen delivery from the blood to the cells, via the Bohr effect.

In ancient India, the practice of pranayama focused exclusively on kumbhakas, breath holds, to retrain the chemosensors of the brain to tolerate higher levels of carbon dioxide. These practices led to subtler breathing, higher energy levels, and a calm quiet mind.

Although it sounds counterintuitive, most of us would benefit from breathing less. In his New York Times bestseller, *Breath: The New Science of a Lost Art*, James Nestor cites research that shows that people breathe about twice as much today as they did in the 1930s. That means most of us are hyperventilating, which leads to a massive loss of carbon dioxide, which in turn leads to a lack of oxygen at the cell level.

"All chronic pain, suffering, and diseases are caused by a lack of oxygen at the cell level."

*-Dr. Arthur C. Guyton, M.D., author "The Textbook on Medical Physiology."
World's bestselling physiology textbook*

Contrary to popular opinion, taking bigger breaths does not increase our oxygen levels. During normal breathing, we exhale 75% of the oxygen that we breathe in, so we can reduce breathing volume quite a bit without decreasing oxygen intake. Bigger breaths do, however, decrease the body's vital stores of carbon dioxide, thus starving cells of oxygen.

*"A Yogi's life is measured not by the number of years he lives
but by the number of his breaths"*

-B.K.S. Iyengar

Join me on the virtual Zoom webinar where I will explain more about the **differences between original pranayama and modern pranayama** on September 27th at 6 PM and again on October 14th at 3PM. Attendees of the free webinar will receive a free e-book, "The Science of Pranayama." Find out more or sign up by visiting www.truebreathing.org

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