**Pranayama Study Notes – Fall 2018 Session with Lisa Walford**

Week 1.

First session:

* 01\_1a\_Seated\_Meditation\_8min.mp3
* 02\_1b\_Savasana\_13min.mp3
* 03\_1c\_Seated\_Breath\_Awareness\_15min.mp3
* 04\_1d\_Supine\_Ujjayi\_ 11min.mp3\*
* 05\_1e\_Closing\_Poetry\_4min.mp3

Second session:

* 06\_2a\_Supine\_Savasana\_Sidebreath\_20min.mp3\*
* 07\_2b\_Seated\_Shape\_Jalandhara\_14min.mp3\*

The first session (1a-1e) contain the basic introductions. The second session (2a-2b) is to practice after you are familiar and comfortable with the first session.

On the first day I suggest that you begin with session 1b. If you want to continue on that day, add session 1c.

On the second day begin with session 1d. Session 1d can be practiced for several days. If you want to continue, add session 1c.

Alternate your practice between recordings, if you like.

Be patient, remember, it is not how much you can learn, or how deeply you can breathe. Rather the conditioning of the nervous system and mind happen over a long period of time. You are reconditioning your body/mind from a reactive and instinctive state into a receptive and responsive state. Just as it has taken many years to be programmed into who you think you are, it will take some time to change.

Sessions 2a and 2b are longer, but excellent.

Session 2b will benefit you once you practice and consolidate the material in the first session.

*\* indicates good daily practice*