

Pancha Sahita Pranayama

This technique concentrates on rejuvenating the five important body organs, the Lung, Liver, Digestive organs, Elimination organs and the Heart, using the alternate nostril breath over a period of 45 days. One session is around 9 minutes long and includes 9 rounds of breathwork.

Day	Organ	Inhale	Inner Retention	Exhale	Outer Retention
1-9	Lungs	4	16	8	4
10-18	Liver	4	4	16	8
19-27	Digestive organs	8	4	4	16
28-36	Elimination organs	16	8	4	4
37-45	Heart	4	16	8	-

	DAY 1	DAY 2	DAY 3	DAY 4	DAY 5	DAY 6	DAY 7	DAY 8	DAY 9
LUNGS 4 / 16 / 8 / 4	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
LIVER 4 / 4 / 16 / 8	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
DIGESTIVE 8 / 4 / 4 / 16	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
ELIMINATION 16 / 8 / 4 / 4	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
HEART 4 / 16 / 8 / -	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

GOOD JOB! KEEP GOING!