

Pranayama - The Difference Between Patanjali and HathaPradipika

| Patanjali's Yoga Sutras | Hatha Pradipika |
|---|---|
| 400 BC - Sutras - Principles | 15th Century Yoga Manual - Techniques |
| Fourth Limb of Eight Limbs (Ashtanga) | Second Chapter out of Four |
| Five Sutras addressing Pranayama (2:49 - 2:53) | |
| Breath pause/extension or expansion | Life force pause/extension or expansion |
| Asana --> Pranayama | Pranayama |
| Always done in a seated position | Can be performed standing or walking (Ujjayi) |
| Nadis, not so important | Nadis, very important (Kundalini) |
| Pranayama | Kumbhaka |
| (Savasa) | Puraka |
| Prachardana | Recaka |
| Vidharana | Kumbhaka |
| Four Pranayamas | Eight Pranayamas |
| Pause after exhalation (Bahya Vritti) | Surya Bhedah |
| Pause after inhalation (Abhyantara Vritti) | Ujjayi |
| No special effort required by the yogi (Stambha Vritti) | Sithari |
| No special effort required by the yogi (Chaurthah) | Sitali |
| Three Regulations | Bhastrika |
| Desha (signs on the body) | Bhramari |
| Kala (time of breath cycle or one sitting of practice) | Murchha |
| Samkhya (number of pranayanic breath) | Plavini |
| | Enhanced by |
| | Bandhas |
| | Mudras |

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