

The Eight Movements of Yantra Yoga

Course Description:

Learn to purify, coordinate, and strengthen all aspects of your energy with Yantra Yoga, one of the oldest systems of yoga in the world. The eight fundamental aspects of breath in Yantra Yoga (inhaling slowly, holding open, directing the hold, fast exhalation, fast inhalation, closing the hold, holding with contraction, and exhaling slowly) are a unique set of exercises that apply movement and breath in a precise, coordinated, and conscious way.

Discover the essence of this potent and transformative practice, and receive instruction on practice as you learn to

- Harmonize and reshape the entire functioning of your breathing system, including four different ways of inhaling, exhaling, and holding the breath
- Make your body more flexible and fit
- Improve overall strength and health.

Special attention is given to assure precise execution and understanding of the material.

The Eight Lungsang Movements – Purifying the Prana: The Eight Movements to Purify the Prana

The purpose of the eight Lungsangs is to harmonize and strengthen our energies through dynamic and effective exercises that act on the physical level through body movements and on the subtle level through coordination of the breath. Aside from toning and training the body, these movements have the very specific goal of training and developing four different ways of inhaling and exhaling and, especially, four different ways of holding the breath.

First Lungsang – Inhaling Slowly

The First Lungsang trains and develops the experience of long, complete inhalation and open hold.

Health Benefits:

- Enhances the intellectual faculties
- Develops lucidity
- Improves the physical condition in general
- Relieves ailments related to the five solid organs (heart, lungs, liver, spleen, and kidneys), for instance as a result of having become weakened

Second Lungsang – Open Hold

The Second Lungsang consists of three phases, first on one side, then on the other, and finally on both sides at the same time. The air is first held open, and then directed downward while still holding.

Health Benefits:

- Relieves ailments of the thoracic region
- Eases problems with the arms and shoulders
- Alleviates neurological disorders

- Improves the functioning of the small and large joints of the limbs

Third Lungsang – Directing

The Third Lungsang focuses on directed hold. This Lungsang gives you a much deeper experience of directed hold than the subtle directed hold that occurs in the previous movement.

Health Benefits:

- Relieves conditions caused by the weakening or malfunction of the five solid organs (heart, lungs, liver, spleen, and kidneys) and six hollow organs (stomach, small intestine, large intestine, gall bladder, urinary bladder, and seminal vesicles or ovaries)
- Alleviates problems related to the lumbar region and waist area as well as the spine and spinal cord
- Eases pain in the rib cage
- Counteracts problems caused by the fire-accompanying prana, such as poor digestion

Fourth Lungsang – Exhaling Quickly

The Fourth Lungsang is for training and experiencing quick exhalation.

Health Benefits:

- Invigorates the five solid and six hollow organs
- Alleviates problems caused by malfunctioning of the five solid and six hollow organs
- Relieves ailments of the tendons, ligaments, and major and minor joints
- Harmonizes wind energy imbalances manifesting in the areas governed by the pervasive and the downward-clearing pranas

Fifth Lungsang – Inhaling Quickly

The Fifth Lungsang is for training in inhaling quickly and directly. It also introduces us to the experience of closed hold, the main focus of the sixth Lungsang.

Health Benefits:

- **Strengthens the spine and spinal cord**
- **Invigorates the lungs and heart**
- **Improves the condition of the major and minor joints**
- **Alleviates problems related to the ascending prana, which presides over the faculties of speech and breathing, as well as the pervasive prana**

Sixth Lungsang – Holding Closed

The Sixth Lungsang is for training and experiencing closed hold.

Health Benefits:

- **Relieves nerve damage affecting and impairing the five sense organs as well as related ailments of the brain**
- **Alleviates and prevents conditions related to the ascending prana and the life-sustaining prana, including anxiety, agitation, and depression**
- **Sharpens the intellect and memory**

Seventh Lungsang – Contracting

The Seventh Lungsang is for training and developing contracted hold.

Health Benefits:

- **Alleviates ailments of the spine and spinal cord**
- **Relieves disorders of the six hollow organs**
- **Counteracts problems related to the fire-accompanying prana, such as poor digestion**
- **Benefits digestion in general**

Eighth Lungsang – Exhaling Slowly

The Eighth Lungsang focuses on the experience of a slow and smooth full exhalation.

Health Benefits:

- **Balances and harmonizes the functions of the five elements**
- **Strengthens the solid and hollow organs**
- **Alleviates problems related to malfunctioning of the solid and hollow organs**
- **Relieves disorders related to the fire-accompanying and downward- clearing pranas**
- **Aids the processes of digestion and elimination**

About Yantra Yoga A practice that helps coordinate body, energy, and mind while making us more balanced and free from tension is immensely important. When we have a more relaxed mind, it is possible to have a better, more harmonious, and healthy life. This is why I decided to teach Yantra Yoga: it is something anyone can find beneficial, and it can bring more compassion and understanding among people. When we are happier, we are more open to everyone and everything around us. In today's world we really need to find ways to be more relaxed and have less stress and tension so that we can experience genuine happiness and joy."

- Chögyal Namkhai Norbu