Ascending breathing - Shitali karana

This practice involves coordinating the breath with the inner motion of attention. Attention moves downward with exhalation and upward with inhalation, progressively moving to a smaller and smaller space. Then, the process reverses through the same movements.   ASCENDING BREATHING MP3 (http://swamij.com/Sounds/ascending24.mp3)

• Crown to toes: Breathe 10 times as if exhaling from the top of the head down to the toes, and as if inhaling from the toes up to the top of the head.
• Crown to ankles: Exhale from the top of the head to the ankles and inhale back 10 times.
• Crown to knees: Exhale and inhale 10 times from the top of the head to the knees.
• Crown to perineum: Exhale and inhale 5 times from the top of the head to the perineum at the base of the spine.
• Crown to navel center: Exhale and inhale 5 times from the top of the head to the navel center.
• Crown to heart center: Exhale and inhale 5 times from the top of the head to the heart center.
• Crown to throat: Exhale and inhale 5 times from the top of the head to the throat.
• Crown to nostrils: Breathe 5 times from the top of the head to the bridge between the nostrils.
• Eyebrows to nostrils: Exhale and inhale many times between the space between the eyebrows and the bridge between the nostrils.
• Crown to nostrils: Breathe 5 times from the top of the head to the bridge between the nostrils.
• Crown to throat: Exhale and inhale 5 times from the top of the head to the throat.
• Crown to heart center: Exhale and inhale 5 times from the top of the head to the heart center.
• Crown to navel center: Exhale and inhale 5 times from the top of the head to the navel center.
• Crown to perineum: Exhale and inhale 5 times from the top of the head to the perineum at the base of the spine.
• Crown to knees: Exhale and inhale 10 times from the top of the head to the knees.
• Crown to ankles: Exhale from the top of the head to the ankles and back 10 times.
• Crown to toes: Breathe 10 times as if exhaling from the top of the head