

PRANIC VAYUS

ENERGETIC WINDS OF THE BODY

PRANA

Intake, Inspiration, Respiration
Heart & Lungs
Propulsion, Forward movement
Inward Movement

UDANA

Ascension, Expression, Speech
Throat & Head
Growth, Clarity, Sensory Functions
Upward Movement

SAMANA

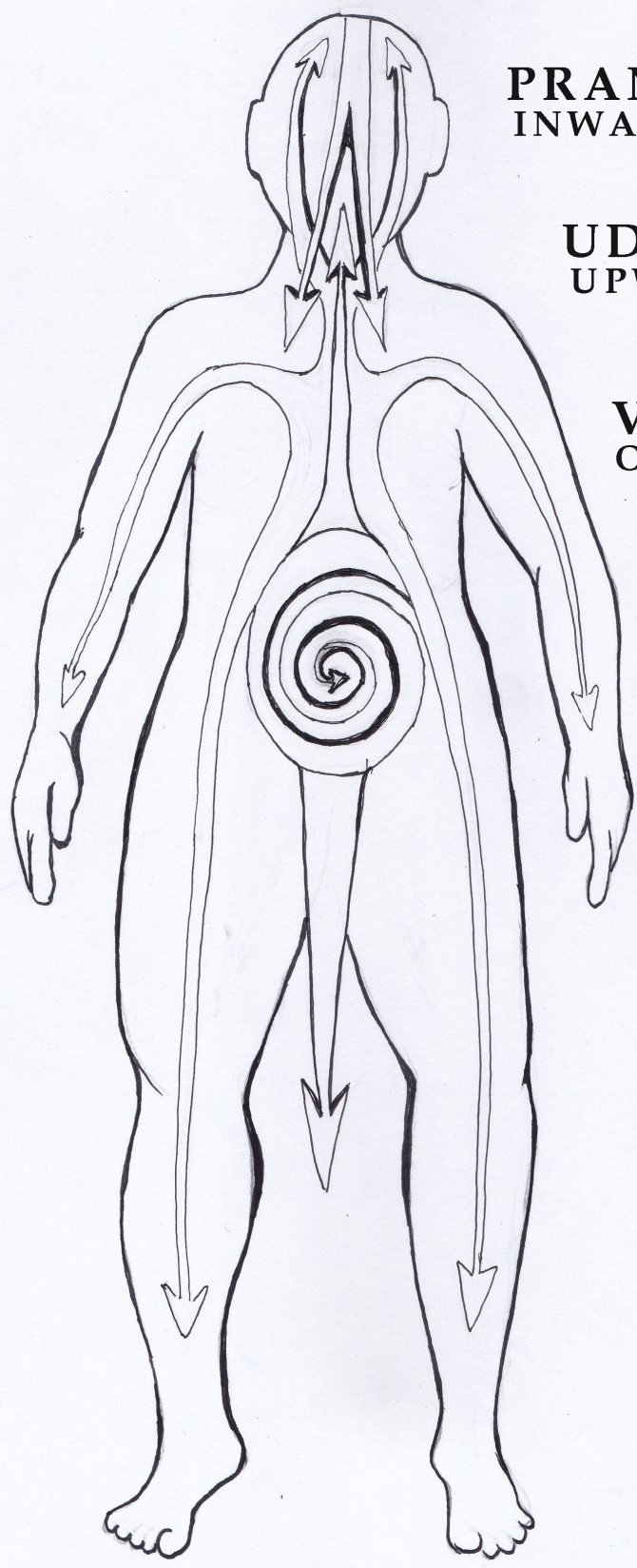
Assimilation, Inner Absorbtion
Stomach, Digestion
Discernement, Consolidation
Equalizing, Balancing

APANA

Elimination, Reproduction, Immunity
Intestinal Region, Pelvis
Letting Go
Descending, Downward Movement

VYANA

Circulation on all Levels
Whole Body, from Center to Every Area of the Body
Expansiveness, Pervasiveness
Outward, Diffusive



PRANA
INWARD

UDANA
UPWARD

VYANA
OUTWARD

SAMANA
BALANCE

APANA
DOWNWARD