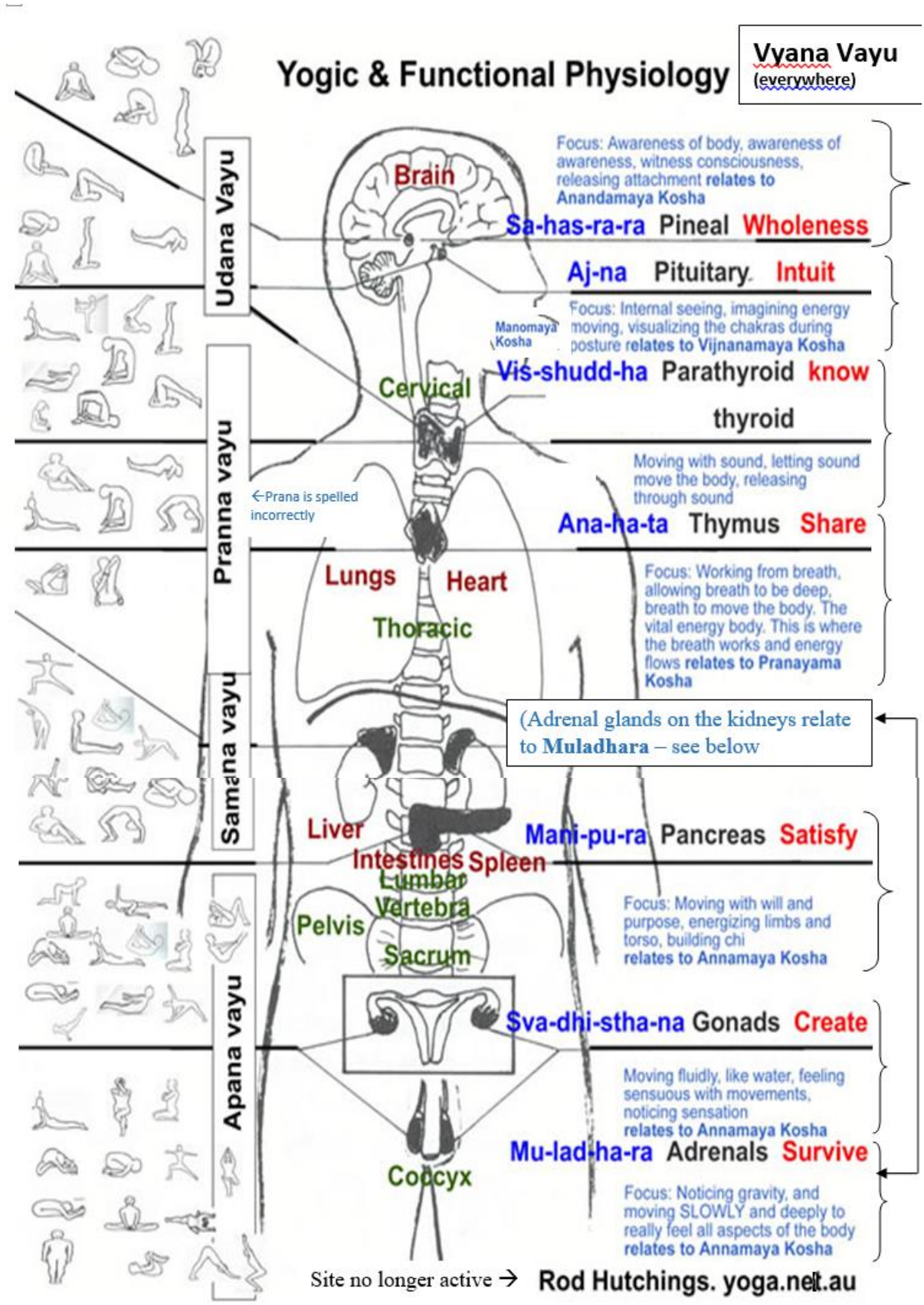
Yogic & Functional Physiology
Vyana Vayu
(everywhere)
Udana Vayu
Pranna vayu
Samana vayu
Apana vayu
Brain
Focus: Awareness of body, awareness of awareness, witness consciousness, releasing attachment relates to Anandamaya Kosha
Sa-has-ra-ra Pineal Wholeness
Aj-na Pituitary Intuit
Manomaya Kosha
Focus: Internal seeing, imagining energy moving, visualizing the chakras during posture relates to Vijnanamaya Kosha
Cervical
Vis-shudd-ha Parathyroid know
thyroid
Moving with sound, letting sound move the body, releasing through sound
←Prana is spelled incorrectly
Ana-ha-ta Thymus Share
Lungs
Heart
Thoracic
Focus: Working from breath, allowing breath to be deep, breath to move the body. The vital energy body. This is where the breath works and energy flows relates to Pranayama Kosha
(Adrenal glands on the kidneys relate to Muladhara – see below
Liver
Mani-pu-ra Pancreas Satisfy
Intestines
Spleen
Lumbar Vertebra
Pelvis
Sacrum
Focus: Moving with will and purpose, energizing limbs and torso, building chi
relates to Annamaya Kosha
Sva-dhi-stha-na Gonads Create
Moving fluidly, like water, feeling sensuous with movements, noticing sensation
relates to Annamaya Kosha
Mu-lad-ha-ra Adrenals Survive
Coccyx
Focus: Noticing gravity, and moving SLOWLY and deeply to really feel all aspects of the body
relates to Annamaya Kosha
Site no longer active →
Rod Hutchings. yoga.net.au

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