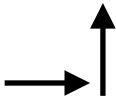




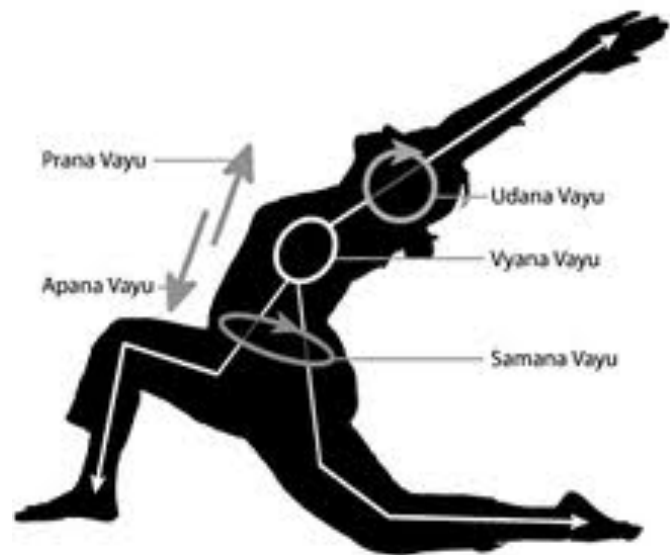


# Vayus

**Vayu -** (Vie-YOU) There are five movements of Energy/Prana as we interact with it. These five vayus govern different areas of the body and different physical and subtle activities. Prana is the general name for all life force energy, and also the name of one of the vayus. To be clear, all Vayus carry Prana. Vayus are like the currents of the rivers (Nadis) in our body—when we are blocked, we begin to carry energy in the reverse direction of the way the vayu was built, which is like the extra work of walking upstream. These are also referred to as Panca Vayus, which translates to “Five Winds”.

## DIRECTION OF VAYU CURRENTS

PRANA	
SAMANA	
VYANA	
UDANA	
APANA	



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PRANA	1st part of Inhale	Moves in & up	Chest & Head	Governs <b>Intake</b> of everything (breath, food, sensory input) <i>You feel inspired and alive!</i>
SAMANA	2nd part of Inhale, breath held in	Moves from edges to center	Abdomen, Navel Center	Governs <b>Assimilation &amp; Digestion</b> of food, thoughts, etc. <i>You feel balanced, centered</i>
VYANA	1st part of Exhale	Moves from center to edges	Whole Body, Heart Center, Aura	Governs <b>Coordination &amp; Circulation</b> . <i>You feel effortlessly connected.</i>
UDANA	Mid-Exhale	Moves upward from belly to throat	Throat, Throat Center	Governs <b>Expression</b> , especially speaking or singing. <i>You feel it is easy to share your truth and experience.</i>
APANA	Last part of Exhale, breath held out	Moves down and out	Pelvis, Legs, Feet. Chakras 1,2 & Navel Center.	Governs <b>Elimination</b> of food, material things, thoughts, emotions, memories. <i>You feel grounded.</i>

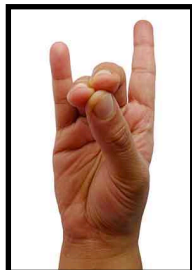
## Hand Mudras for the 5 Vayus



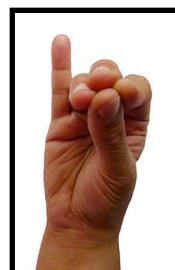
**PRANA**



**SAMANA**



**APANA**



**UDANA**



**VYANA**

