

Breath Retention with Mantra Synchronization

Example of building up a breath retention pranayama sequence with the use of Gayatri mantra.

Apply a similar approach for any other mantra, depending on its length.

1- Aum bhur bhuva svaha	0- 	3- sequence tat savitur varenyam bhargo devasya dhi mahi dhy yo yo nah prachodayat
1- Aum bhur bhuva svaha	1- tat savitur varenyam	2- sequence bhargo devasya dhi mahi dhy yo yo nah prachodayat
1- Aum bhur bhuva svaha	2- tat savitur varenyam bhargo devasya dhi mahi	5- sequence dhy yo yo nah prachodayat + 1 gayatri
1- Aum bhur bhuva svaha	3- tat savitur varenyam bhargo devasya dhi mahi dhy yo yo nah prachodayat	4- sequence 1 gayatri
1- Aum bhur bhuva svaha tat savitur varenyam	3- bhargo devasya dhi mahi dhy yo yo nah prachodayat + 1 gayatri	4- sequence 1 gayatri
1- 1 gayatri	2- 2 gayatri	1- sequence 1 gayatri
1- 1 gayatri	2- 2 gayatri	2- sequence 2 gayatri
1- 1 gayatri	3- 3 gayatri	2- sequence 2 gayatri
1- 1 gayatri	4- 4 gayatri	2- sequence 2 gayatri
1- 2 gayatri	4- 8 gayatri	2- sequence 4 gayatri
1- 3 gayatri	4- 12 gayatri	2- sequence 6 gayatri
etc		