

# THE SCHOOL OF BREATH

PRANA SERIES

# Activate • Balance • Heal

by Abhi Duggal



# About This Guide



This guide provides the definitive quick-start path to activating, balancing, and healing your life force (Prana) with breathwork, guided meditation and healing music to achieve holistic mastery over your internal state.

It distills over **20 years of worldwide yoga and meditation expertise**—gained through intensive training with Abhi's guru in India—into a powerful, accessible program.

Abhi's personal mission is clear: to help you **breathe better, sleep deeper, and live a fuller life.**

You don't need years of practice; you will feel the profound difference in just 7 minutes.

# 7-Minute Morning Prana Activation

## Quick Start eBook

Feel the results immediately in 3 simple breaths.



### Quick Start Guide

2-page guide: How to Activate Your Life Force in 3 Breaths



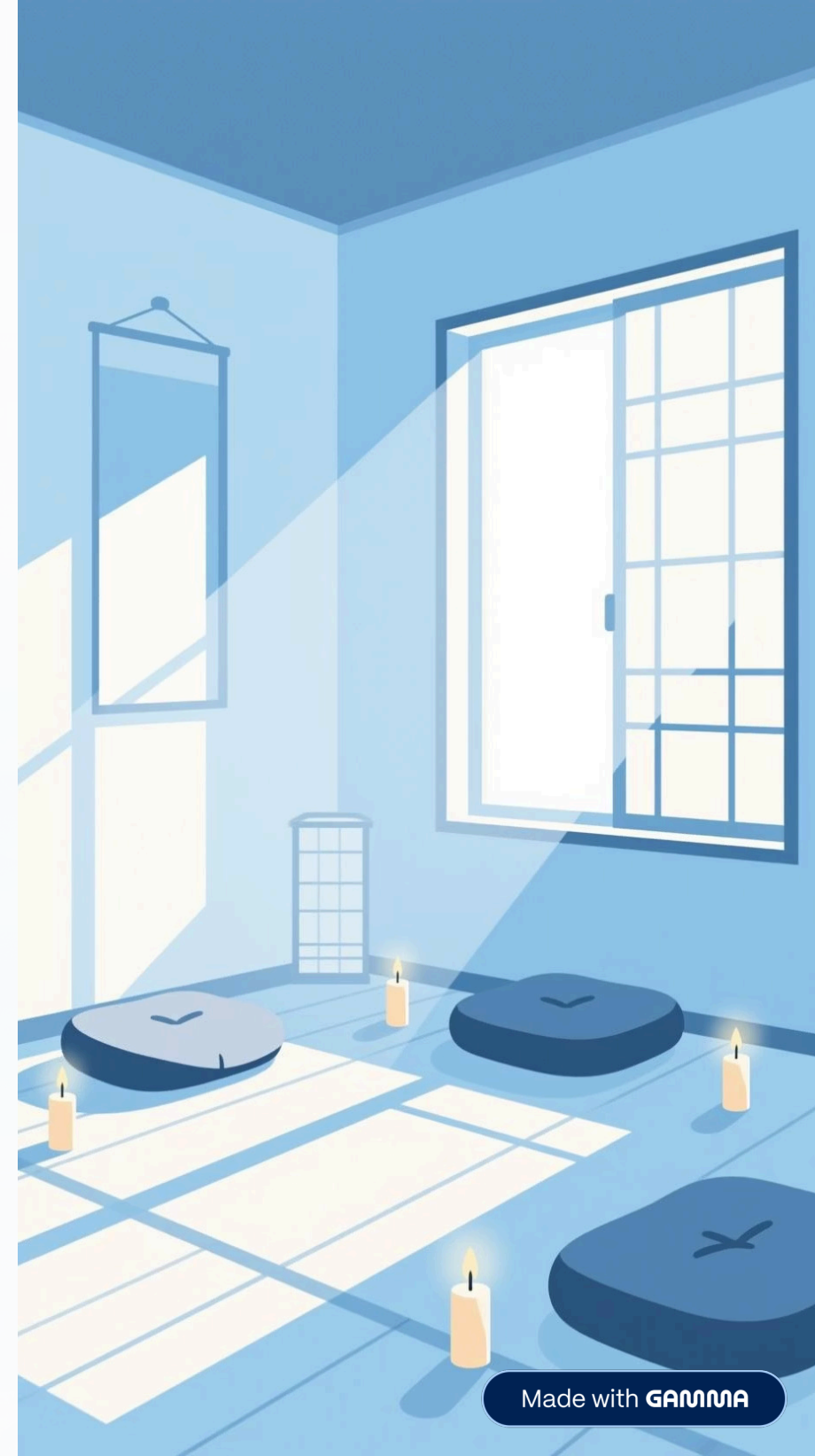
### Audio Practice

7-Minute guided meditation with Abhi's voice — Udana Vayu activation for better expression



### Evening Reset

Optional 6-minute bonus version for nighttime calm with special edition of throat chakra meditation music.



# Set-Up

30 seconds

01

---

## Posture

Sit comfortably, spine tall, shoulders soft

03

---

## Breathing

Breathe gently through your nose

02

---

## Hand Position

Hands in **Gyan Mudra** (thumb + index together)



# Breath 1 — Ujjayi Touch

1 minute

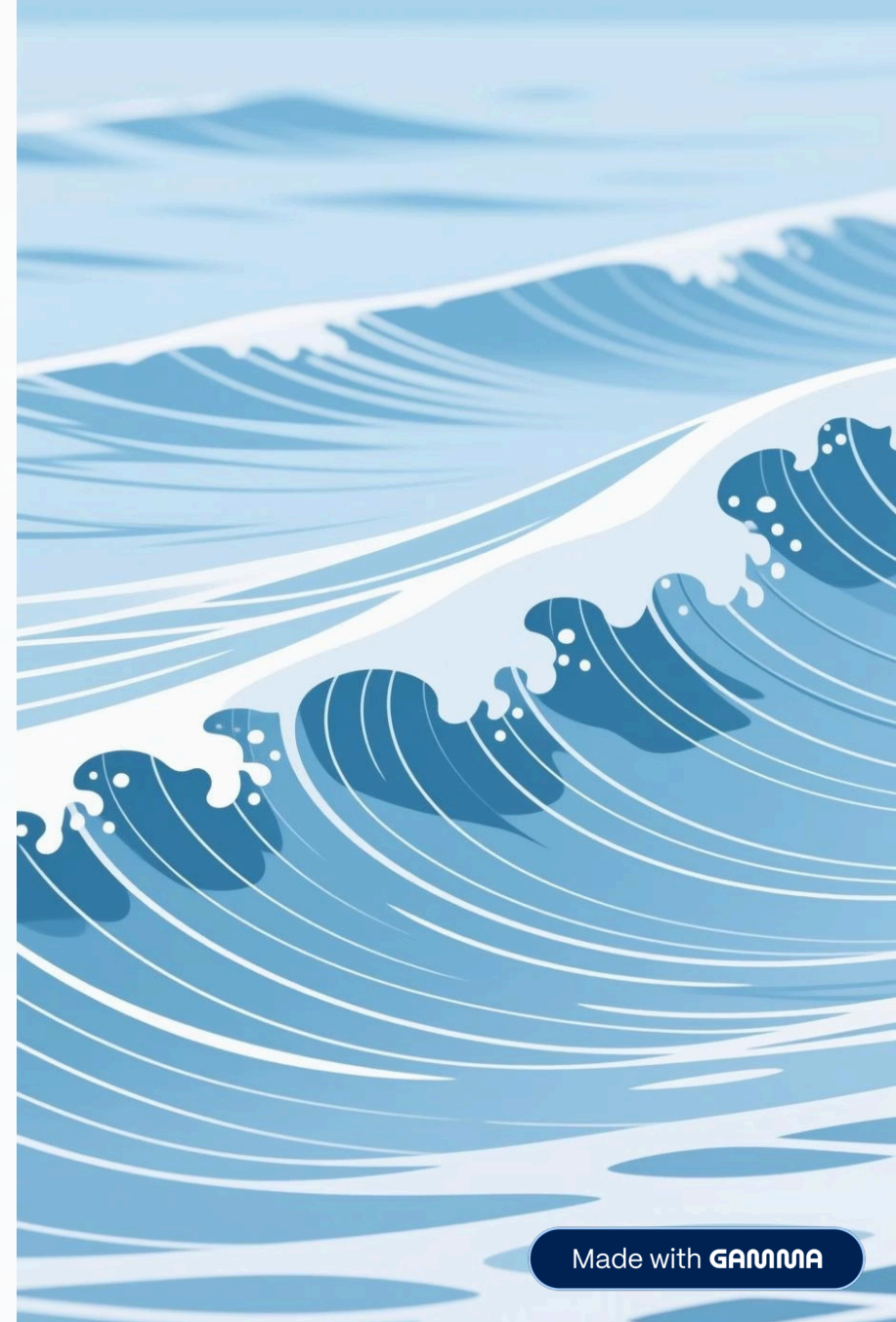
## Technique

Make a soft ocean-like whisper in your throat — as if fogging a mirror with your mouth closed.

*Feel the breath touch the throat — ride the sound.*

## Ratio

- Inhale 6
- Hold 2
- Exhale 8
- × 4 rounds



# Breath 2 – Diaphragmatic Wave

3 minutes

1

**Inhale**

Belly expands → ribs → chest

2

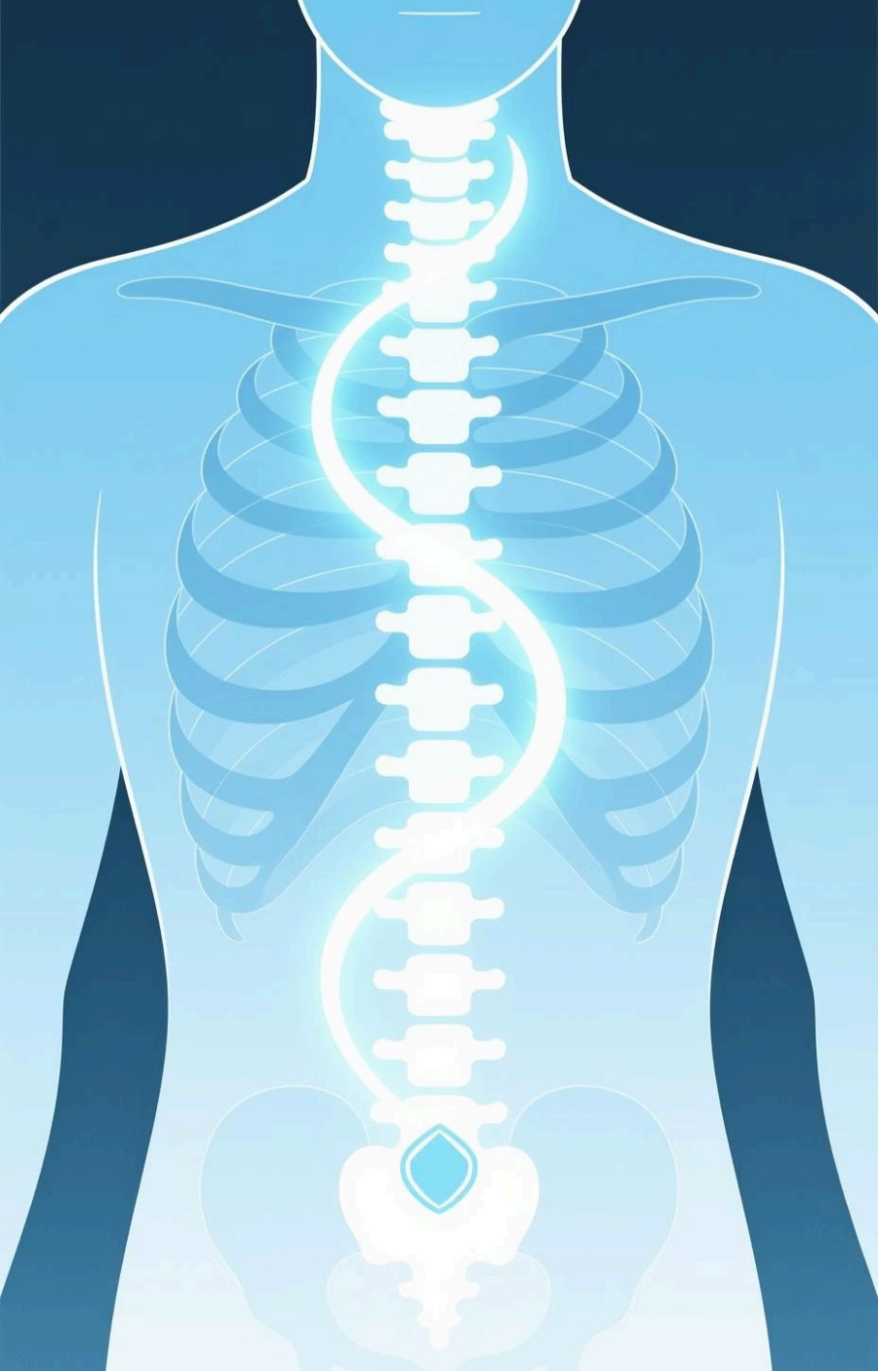
**Exhale**

Chest → ribs → belly relaxes

Right palm on belly. Keep a gentle Ujjayi sound.

**Ratio:** In 3 (belly) + 3 (chest) • Hold 2 • Out 8 × 6 rounds





# Breath 3 — Spine Light Visualization

3 minutes

## Practice

Eyes closed. Same 6-2-8 rhythm.

- **Inhale:** awareness rises from tailbone → crown
- **Exhale:** awareness descends crown → tailbone

## Reflection

**Question:** What changes first when you breathe like this — your heart, your mind, or your energy?

**Answer:** Your energy shifts first — and your body-mind follow.

---

**Try this now.** Tell us what you felt! Send us an email at [connect@meditatewithabhi.com](mailto:connect@meditatewithabhi.com) Share this with someone who needs a calm reset.

# Next Steps

## Audio Practice

Listen to the 7-Minute guided meditation with Abhi's voice — [Udana Vayu activation for better expression](#).

## Evening Reset

Optional 6-minute bonus version for nighttime calm with special edition of throat chakra activation [meditation music](#).

## Prana Activation Series Course

Ready to move beyond the quick fix? **Join the full [Prana Activation Series](#)** to master more advanced breathwork and meditation sequences and unlock a sustained, life-altering shift in your energy and well-being.