

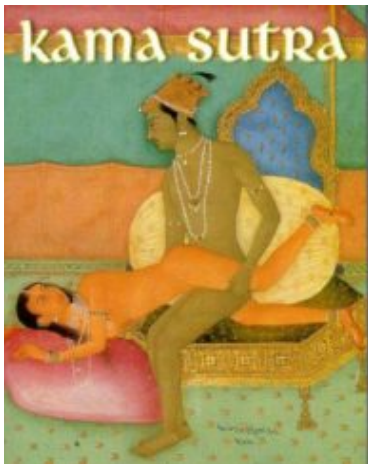
# Two Tantric Practices That Will Turn Your Life Up to 11!



As a yoga instructor, I'm constantly suggesting that if 10 is your maximum effort in a pose, take each pose at a level 7 or less, at a place I call "comfortably intense." Level 7 intensity is the magical condition that allows for our maximum growth to occur because it's what allows the prana or life-force energy to flow without being pinched off.

Understanding and practicing Tantra, an ancient practice and school of thought, is an excellent method to learn how to master your prana and while your poses may be set to a level 7, your entire life shoots to 11! "THIS ONE GOES TO 11!" If you've ever seen the movie Spinal Tap, you'll know that not all models are built the same. Master your prana and make your life go to 11!

# Tantra



<https://www.abebooks.com/Kama-Sutra-Vatsyayana-New-Delhi/209625435/bd>

[Tantra](#). I know what you're thinking: isn't tantra "yoga poses" that are reserved for the bedroom, or any room in the house, as long as the kids aren't home?

While that's a part of the study and practice of Tantra, it's but one of many parts. Tantra is much richer than the just the Kama Sutra and includes maximizing all the elements of your life including, your spiritual practice, your work, home life, and pleasure (kama).

Tantra is a Sanskrit word that takes its meaning from the first part of the word TAN, which means to stretch, and TRA, which is the Indo-European root in words like transcend. The TRA means to move or grow. Tantra, therefore, is the philosophy of stretching yourself to grow your body, mind, and heart, into your highest potential, your grandest being, as quickly and efficiently as possible through practices like meditation, yoga, pranayama . . . and other things (read kama sutra). Tantra is designed to move you beyond the realm of the ordinary in order to understand and embrace your full

potential, in every area of your life, a potential which is probably much vaster than you think. Tantra means to takeing your life to 11!

## **Two Trantric Practices**

Like I said, the primary element that drives all the areas of your life is prana, or life-force energy. The easiest way master and move our prana is by doing breathing exercises. The following are two breathing exercises that will help you begin to turn your life up to 11.

### **Nadi Shodhana or Alternate Nostril Breathing**

This breathing practice is a miracle! It balances out your nervous system so that wherever you are energetically, you can control your prana to be at that perfect calm but focused state. This practice not only helps you focus, but calm down if you're anxious or worried. Try doing this for about 5 minutes.

Kama Sutra tip: do this before making love to ensure your energy is in the perfect place to merge souls with your partner.

### **Ujjaiyi Breath or Whisper Breath**

This breathing practice is also very good to do in order to come to a focused alert state. It's perfect to do right before performing. It's also the style of breathing we do while we are practicing yoga poses. It is perhaps the most important breathing practice.

To do Ujjaiyi Breath, simply breathe slowly in and out of your nostrils while creating a little whisper in the back of your throat, both on the inhale and exhale. Try to make your

breaths 4–5 seconds long on the inhale and 5–6 seconds long on the exhale. You want to be able to hear the sound of your breath as it is moving in and out. I might suggest setting a timer to perform this breathing technique for 5 minutes daily and watch to see the effects on your prana system.

Kama Sutra Tip: perform this breathing style while making love to sustain your energy for both partners and to finish feeling regenerated with energy instead of depleted.

Understanding how our prana works through practices like tantra help us to live our life full out and turn it up to 11!



Photo by Seneca Moore

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