SPEAKER:

Thank you for joining us. I'm in here YT 500 fair post and I'm the corporate accounts manager here at yoga alliance. Today I'm going to be your monitor...

Just to tell you a little bit about Rubén Vásquez, discover a little bit of housekeeping. When you see a pop-up in your window, please answer the question about where you are joining us from we always want to know where everyone is coming to us from for today. Please note that the future of chat will be turned off for you but all the information that you need and how to register. The eight education credit, on information for Ruben will be there and contact information for him will also be there. And in the Q&amp;A is where you will ask all of your questions that we will get to Ruben so he could answer them for you. So with all of that in mind, but would like to do today is welcome Rubén Vásquez. If a practising yoga dealing since 1986. His yoga craft is honed over many many years, I was of deliberate practice and is informed by a study of traditional texts as well as a functional knowledge of anatomy and physiology. The past decade is been using his sutras for his main guidelines... Having taught you before the past 50 years is clear logical approach is focusing on increased benefits and avoiding injury. So without further ado it's my great pleasure to introduce to you Rubén Vásquez.

RUBEN VASQUEZ:

Thank you so much. The revenue it is that I will have a brief overview and introduction to our session and we will do floor exercises after each exercise, I will pause for any questions to clarify... So why are we interested in pranayama? It's really a people practice

We are going to try to use Patanjali's guidelines so that we can use his pranayama. That is going to be about regulating our breathing processes according to location, duration and (Inaudible) and it's a
process of developing a sensitivity of inhalation and exhalation. Sensitivity to the lengthening of the breath, and breath retention. This is the session that is based on simplicity. And this is a way to invite the beginners, to go into the pranayama practice with confidence and to avoid the obstacles of the usually face.

Will experience, directly the effects of these exercises and hopefully, we will feel them in our bodies, our minds and our level of awareness.

So this will offer you ideas for your teaching and your own personal practices. To the introduction. Therefore exercises. But by location, and complete breathing, breath retention basis. But Mark. We will have a few moments at the end for final questions. I would like you to please keep in mind these ideas. I see yoga is the acronym of you, organically, growing, aware. You, because you're the only person who can do your own practice, organically because it needs to be a process of natural development. A natural progression where there is no force. And growing aware. Awareness is the main goal of the practice and from there we can see the pranayama is breath awareness, and it is thorough constitute manic! -- systematic process. I'd like to think of pranayama as falling in love with her breath. If you take that approach that you will be interested to see all of the techniques can pranayama is a way to look at (Inaudible) and relations, tensions and such. And it's a playful expiration with curiosity. So it is playful curiously that opens our minds and our hearts.

All the texts and not putting a tradition say don't force. They were practitioners, many times, never to force the breath. It seems like a common sense and good idea to follow that advice. In previous session, through the old alliance, (Name) talked about scientific research in yoga and respiratory function. So this is a brief summary of what you presented, if you have not watched the recorded session, I totally recommend it. So he was presenting things that the and ideas like the breathing patterns can be changed over time. Bidding regulates brain function, tension control, the ability of our heart rate, breathing regulation can help with stress, emotions, they can help with our respiratory efficiency. It could be public form --- for anxiety and stabilizing the body. It enhances the mechanics of respiration by helping us get better at coordinating the breeding muscles, -- breathing muscles. It helps her breathing capacity. So please keep these ideas in mind.

Besides I am shooting will be available after the session. So we're using the yoga sutras at the guideline for the planning of my practice. The first is the beginning and chapter 1, potentially says that favour direct experience, and he also says, when you need to eliminate distractions and disturbances, you can use exhalations and breath retention that Sutra 134. Then towards the end of chapter 4m -- chapter 2. He says that body feels that he is from practice., We can modulate our breathing practices. So the breath becomes spacious, long and subtle only observe respiratory processes according to location, duration and count. So we won't apply these specifically in our exercise faith -- today. There's 1/4 type of breath happens spontaneously, that cannot be controlled.
There are many different perspectives on this. We are not going to go into this because we are trying to look at the simple way of practising running a month with the foundations of it. Like potentially does everywhere in the pranayama. 52 and 53 sutras, what happened to pranayama when you are practising these guidelines. Your inner type of awareness will become brighter and your mind is fit for concentration, which makes sense from the perspective of from the mere attending to our respiration, we are moving into paying attention to very subtle aspects of our being, and that is how our capacity to focus on how our ability to focus on subtler aspects it strengthens.

A couple of ideas to keep in mind. We want to make the practice and awareness practice, so there is no shortening of the breath, and straining of the breath, there's no grasping and no unsteadiness. Personal abruptness in everything. Agitation, anxiety or irritability. If you at any time are practising pranayama and you start to get a little bit of a headache, that is assigned that you might be doing too much or something that might be very clear.

So instead, I'm inviting you to practice, as an exploration curiosity, as if we had infinite time for each breath. The breath is a delicious nectar, and elixir that is the most given substance. From that perspective, then we can feel how the body and mind will become calm or, as a result of our pranayama practice.

TV practice simple and enjoyable. There are four essences. Strain not, struggle not, or judge not, and smile a lot.

So we will start the first part and breath awareness. Sitting in a comfortable position, make your torso long, but with any tension. Close your eyes. Close your eyes, release any tension from your face, and a soft smile on your face, just feel your breath. It was her body, breathing on its own, as it usually does, around 18,000 times every day. Note that these sensations are with your inhalations. Notice sensations that go with your exhalations are in any way different?. If the temperature of the air going in, different from the temperature of the air that is pulling out? -- flowing out. Just paying attention. Becoming familiar with his natural process. When you're ready, open your eyes.

Remember, attending to the growth as a direct way to let go of distractions. As we are paying close attention to something that is happening right you're here. The suggestion is, for beginner students, it is easier to do these exercises lined up, so we will suggest that you do that. Will release tension from your body. We will explore different ways of (Inaudible) so I'm just going to lie on my back, lifting the knees, for people who want to place a cushion under their knees, they can try to do that. Place one hand over your lower abdomen and one hand over your upper abdomen.
Keep your shoulders and arms relaxed, face relaxed with a soft smile. Start making your breath expand your belly, and (inaudible). There is there is no need for tension in your shoulders, back or face or anywhere.

Brief, ideally through your nose, and then pay attention to the expansion of your billing. From your lower abdomen, from your middle abdomen and have a beer for ... -- Consider if it's possible to do this exercise with the breath. Trying to feel as (inaudible) as possible. Your abdomen extending first than the outer abdomen so it's an ascending curve, a wave. And a descending wave for the exhalation.

There is no gasping, no jerkiness. Then switch to trying to exhale first from the upper abdomen then the middle abdomen than the lower abdomen. The exhalation will begin on the lower part of the torso, lower abdomen, middle upper abdomen.

Notice while you do to coordinate the abdominal muscles, to change the order of the expansion, and the contraction. There is no judgement, no strain, no struggle anywhere. Then, the inhalation can start expanding from the navel outwards but the exhalation can begin at the outer abdomen and coming in towards the navel.

We know the air is flowing in and out from the lungs so the movements in the abdomen can be coordinated to the inhalations and exhalations. From time to time check that your shoulders are down, your neck is relaxed. Savouring your breath. When you are ready, let's go of your control over your breath and notice how you feel then find a way up to sitting again.

Of course, you could stay lying down because the next exercise will also be lying down. At this point, are there any questions or any comments? That would be great.

SPEAKER:

Let's see what you think, how did you feel experiencing that practice today? If you have questions feel free to pop them in the Q&amp;A. Ruben, are there any things that they should no about the practice that you just did that maybe will help them?

RUBEN VASQUEZ:

What I was thinking was that there is a tendency to tighten things up. To do things too hard. We are going to try some of these again later. Because we will continue playing with these ideas.
SPEAKER:

We have some comments that people would really like to try the last one again, everyone says it was
great, so many positive comments, it was nice, I have never tried breathing from the belly, Edwards. --
Outward. We have one from Amber, if students find themselves struggling what do you recommend for
them and what guidance can you offer?

RUBEN VASQUEZ:

That’s a great question. That is why I started with those ideas of blowing it with your breath, recognize
that your breath is making your life possible. Then relax, smile, don't take yourself too seriously. Usually,
straining and self judgement come together. Usually the self judgement is like, my breath is
too short, too long, this or that.

So this is important, relax. This is just an explanation. -- Exploration. Done with playful curiosity, that is
really important.

SPEAKER:

Thank you. We have another question, from Karen, she says that was really a nice subtle practice and
she was able to feel the different ways, passing this to beginner students is the challenge. What would
you suggest for giving this to a beginner student?

RUBEN VASQUEZ:

I do this regularly with beginner students, using the hands for feedback is helpful. Actually, switching
from one direction to another, once they are familiar with one direction, then they may find it hard to
switch.

But it is just like, all of the pranayama practice is a gradual, gentle process. And it is just an exploration
of what is the range of action available to us? It is not this is the only way to do it, if you cannot do this
there is something wrong with you. Let’s try this, let’s see if one of these ideas may be possible.

SPEAKER:

Thank you. Lena would like to know if it is best for her to keep her eyes closed the whole time.

RUBEN VASQUEZ:
I think that to bring the attention inward, keeping the eyes closed seems to be a good approach. Wouldn't this be OK to move to the next exercise? Or are there any other questions that may be pressing?

SPEAKER:
The only one was would be able to, would someone with high blood pressure be able to do this?

RUBEN VASQUEZ:
Absolutely. I think especially, if they are lying down, and then just doing the little bit that they can, feeling that that is OK. Sometimes, I've seen this happen before, people get tense because they cannot relax and that seems to generate more education. -- Agitation. To keep it simple and gentle. And know that that will give them the benefits.

One of the things that I, from what I see is it seems like, this is subtle, this is helping me open up my awareness of my breathing processes, so it seems like this is working, I hope the next exercise will be interesting for everybody else. To move to that exercise is good.

The real key to this is in this diagram is where the lungs are and as the lungs expand, they will push the diaphragm down and that was pushing the belly out in the previous exercise. Here we are going to do the exact same thing. I like this is the same, simple so there's nothing difficult for you to remember what you are teaching it or practising it.

The same idea, lying down, notice how the torso starts to relax and the shoulder muscles will have to, try to negotiate gravity. Get your hands to the chest and ribs and then notice that sometimes people get tense with the shoulders or the rib cage so it's important to just feel the rib cage.

And again, don't strain, gentle smile, and pay attention to, could I expand first the lower ribs, the middle ribs, the upper ribs? That is on the inhalation. On the exhalation, can I feel the movement a little in the armpits, shoulders, then the middle rib cage, then the lower ribs. We will focus on that for a few breaths. Sometimes the upper torso, the shoulders tend to get tense as we try to breathe into the upper torso. So be alert to that. So you can prevent it.

Remember there is no strain at all. Observing the sensations. And maybe the way you are used to doing it, it may be the opposite. Just notice how it feels to inhale and exhale. And then, at some point, turn the weight around. Instead of ascending for the inhalation, descending for the exhalation, dissent for the
inhalation, start moving first the shoulder blades and then mid cage expands and then lower rib expands. And the exhalation begins at the lower rib cage. Then the middle rib cage and then the upper rib cage. And try that.

So since we have become familiar with one direction, when we switch to the other direction, we may automatically, without noticing, we may turn it around. So become aware of am I doing what I think I am doing? Feeling the sensations. Nothing is forced.

The breath is still silent. You may be curious to notice does it feel different when I do it going in, going out or when I go in, going down? Then without any tension, still with a smile on your face, try to feel, is it possible to expand the centre of the chest first and going outwards? So the expansion of the ribs away from the centre of the chest. Towards the floor, to the sides, towards the ceiling. And the exhalation can happen from the outside of the rib cage, the ribs coming in towards the chest, centre of the chest.

Be aware of any tendency to tense the shoulders, don't lose your smile. Feeling the sensations. Do two or three more rounds of the outward expansion as you inhale. And then inward expansion where you feel your ribs coming closer to each other as you exhale. There is never any gasping. Realizing we have the whole day for each breath.

Take a moment to feel the effects. Noticing anything that has changed in your body, in your mind, in your mood. In your attitude. Open your eyes. Let's find a way up to sitting. I find that as we explore our breath, maybe we start making ourselves smile first but then the smile starts to just happen. I don't know if that is your experience. Does anybody have any thoughts or questions about what we just did?

SPEAKER:

Yes (Laughs) Such a lovely practice. There is always so many great comments. Leona has said I usually gravitate towards a giant breath without realizing and she liked the Q given to make breath softer and quieter. We also had a question about creek pregnancy, are there any contraindications for these practices with pregnancy?

RUBEN VASQUEZ:

I always say in these cases, I always try to advise people, please consult, here's a technique, consult with your physician. Make sure that, for you, and as we know, lying down on the back after a certain part of the pregnancy is not advised. So there is something to keep in mind.
I would say, this is probably quite safe for most people.

SPEAKER:

Thank you. Sue is asking, belly breath is very common in most classes and workshops, can you please describe why you spend so much time focusing on breath into the rib cage?

RUBEN VASQUEZ:

Thank you for that question. I like this idea that in yoga we are doing range of action expiration. We are trying to explore, is it possible for me to breathe in this area or this other area? Can I create the movement and make it happen in one way or the other?

Because what that is clear, and that is, I will mention that a little bit at the end, that is the foundation for all of the breathing practices for the pranayama practices. We can see that, if I can breathe in this direction, at the end of this direction, maybe that is related to a specific breathing practices. (unknown term) there is more, the rib cage is included in that, so then I feel that it is important for all of us to have a wide repertoire of breathing options. So that we can choose consciously which ones are working better for us.

SPEAKER:

Thank you Robin. Someone wants to know if there's a specific practice that you will do before these practices?

RUBEN VASQUEZ:

So my approach to the SMI practice--asana practice is increasing mobility. There is no agitation, the same guidelines work with the asana practice. It's something that will help release tension from her shoulders, I find many people in our society have tensions in the shoulders and they spent all this time on Zoom now so there's a lot of tension in the shoulders so it may be hard for some people to feel those subtle movements of the shoulder blades in the arms so I would probably include something like that in those practices.

SPEAKER:

Thank you. I want to hit on something, and I'm going to school through an see if I can find it again. Mary was saying, all the practices are comfortable except from a centre of the chest and out and the centre of the abdomen. This made her feel anxious as if she was not getting enough air even though she knew that she was.
RUBEN VASQUEZ:

And that is a beautiful comment. It's so simple. We are not trying to go against anything that is natural. We know that. You're just doing. But we can, without first. #Force... The sign of a good yoga practice in general that it will show us the places where we have some inefficiencies. In the inefficiencies they be physical, but it also might be ways of thinking or emotional attitudes. So then, do I need, when I know that I'm doing something that is not dangerous, can I remain relaxed?

SPEAKER:

Thank you so much. The next question, I want to make sure that you are moving onto the next practice, was, with the rib cage,, with her breath are inhaled and exhaled in the same order. Moving from the bottom to the top?

RUBEN VASQUEZ:

So I love the idea of the range of action, because then it's not mandated that it has to be always sending and descending, it may be possible can I do inhalation or exhalation up? and also we will play a little bit with that in the next exercise. If that is located?

SPEAKER:

Yes let's go. Thank you everyone for your questions. Let's keep them coming.

RUBEN VASQUEZ:

Is that's wonderful. So here, we talk about that Patanjali saying location, duration and count. So we are going to do even can complete everything that is in two locations. So that is going to be an exploration also on duration on both location and duration. So, please keep comfortable, effortless, lengthen gradually not abruptly, and notice the tendencies. Make it enjoyable and smile. It is not enjoyable, we are not going to make up ourselves to it ever again. So it needs to be enjoyable. So when you are ready, please come to lie down on your back, and then take a moment....

Some people find a place a pillow under their needs and their needs are more relaxed it seems to be easier. So there are many options to try. So one hand here on the lower abdomen and one hand here up on the chest with rib cage. Picture shoulders are relaxed,. Close your eyes and invite a soft smile.
So we will put together what we did before. Certain healing, first from the lower abdomen and in the middle and then the upper and lower rib cage in the middle rib cage, and that the average page -- upper birdcage. Sometimes some of us try to expand the rib cage but some of us will be abstinent in so that is something that you might be doing. Notice that it is possible that we keep it to the lower, middle, upper abdomen in that order. In the rib cage from the bottom up.

In the exhalation down to the torso and proceeds to the mid rib cage, lower ribs and upper abdomen, made abdomen and lower abdomen. Very simple.

So as you continue, notice what gets relaxed, that is what gets tense. Notice of intention arises as a result of wanting to do more or wanting to become something.

Will it be possible to turn the directions around? working on the upper torso, and the rib cage, lower ribs, upper abdomen, mid abdomen and lower abdomen. The garage and said, higher, lower ribs and ribs and upper.

Out of curiosity, like you are travelling through your inner world, and in order to write the breath you will move the torso in this way, if you find yourself tents or agitated, do less. If you lose your smile are you trying to hard?

You need to be relaxed anywhere. -- And aware. That year the centre point of the torso.... Like the centre of a balloon or a beach ball and start inhaling and expanding from the centre, down towards the abdomen, and down towards the floor.... Exhaling, trying to bring the whole torso in towards the solar plexus.

It may not be possible to do this. We are just curious to try. And if I cannot do it, there is nothing fundamentally wrong, just playfully checking out what is possible to do.

Feeling the sensations and when you are ready, control your (Inaudible). Notice the effects in your body and your mind notice there may be a smile on your face from a recent (Inaudible). I then find a way up to sitting.

Then we will see if there's any comments or questions or any doubts? let's start with one they were we are getting a lot of questions on. Can these practices be used after our summer and what do you recommend?
RUBEN VASQUEZ:

Was a beautiful questions. I know my personal practice for years, I kept running out of time for the perennial my practice because I was too excited about the asana. So then I had to move the running of my practice to the beginning of my practice altogether so that I would make sure that I got to it. But I find that these exercises are very simple and are very helpful for people when they come into class, to start the class with. Because it's like, bouquet, give yourself permission to not be anywhere else and come into your body and fill your vibrations. And it does not have to be the three exercises. It can be just fine. They start to let go of everything else and then focus on their breath. I also find it useful, after savasana, for people to connect to the breath through these exercises because then they will be calm and relaxed and they will be aware and that is like the perfect preparation for meditation.

SPEAKER:

Thank you so much. It's a controversy because in Hana did tell you to do your pranayama afterwards. So I think it's great that you understand what is going to come next. See if you would like to know how to get people with respiratory issue, such as asthma breathing exercises?

RUBEN VASQUEZ:

I get so many of these exercises are so simple and did it require any equipment. So I like to say, once a person comes in, we can say that the briefing is away to really let go of distractions because you can only pay attention to what you’re doing right where you are. Then gradually to get people to (Inaudible) some features before I said patients with problems like asthma, do they recommend lengthening the exhalation, that will automatically get the inhalation to grow. But it's all an invitation to explore this journey of what is my breath? do I know my breath? and can I play with it to get it to do different things. It can also make us more active and energized. And I think everybody should have access to this. You need no machines

SPEAKER:

Is such a lovely practice that you have. Thank you for sharing with us. Karen would like to know in your rib cage breathing, the students ever get a chance to care --- to compare and contrast it to the rib cage breathing.

RUBEN VASQUEZ:

Yes we can start exploring. Do I feel any different? As compared to the other direction. In the belly. And can I compare that with the rib cage and that might be a way to invite people who may be interested or curious in the breathing, could be a way to say look breathing is actually kind of interesting and you can
have all of these effects and it does not have to be like at least that is not the way that I see it. We can only breathe this way or destruction, but it is open. There are so many ways of doing it.

SPEAKER:

Thank you. What can we do to help someone who may be experiencing trauma during a pranayama practice? I want to caution with this question because we get a lot of questions about trauma that you have to be my full that trauma is specific to the individual and sometimes these questions cannot be answered in a general capacity like this. I'm going to give it to Ruben but I want you to be aware of where your scope of practice is when you are seeing this kind of behaviour.

RUBEN VASQUEZ:

I feel like that is, thank you for mentioning that, Christine, because it is such an individual process. I think it is really related to the relationship that you have with each student. When you know the students or you know that, and there is us trust between you and your students, then it is possible for you to talk to the person and in the large group, in a group class, it can be difficult to do something like that.

Because it is hard to know what the triggers for the person are.

SPEAKER:

Thank you for addressing it. For those of you, if you have specific questions we want to remind you that Ruben’s contact information is in the chat and maybe you can start a discourse on something that is more specific, we can answer for you in this webinar.

One of the questions we have from Sandra is some students get more agitated initially with the breath, would you recommend that they come out or continue on without forcing?

RUBEN VASQUEZ:

Every time, if you feel anxious, worried, tense, pause. Relax. Give yourself a break. In any practice, pranayama, asana, that to me is really important. We are trying to learn to be responsive to the feedback we are receiving from our body and mind to let us know what I am doing does not agree with me right now.

That is very important to cultivate and foster that in the practice. I think that we probably need to move on to the next... If we want to do the next exercise.
SPEAKER:
Yes, let's do it.

RUBEN VASQUEZ:
Retention of the breath and that is a way to eliminate instructions, some teachers say that the retentions are really where formal pranayama is and retention is related to higher states of meditation etc.

All I want to do is do these two parts of the practice. You can again lie down. We are going to do and relax. Pay attention to your natural breath. You are just feeling the natural inhalations and exhalations and everything is relaxed.

Neck, shoulders, back, relax, soft smile. Consider the question, is there a brief pause in the transition between my inhalation and exhalations? Between exhalations and inhalations? Why does my mind immediate want to start creating that pause? I'm curious if you feel, does everyone have that pause? How is that transition? How does inhalation become an exhalation?

Noticing the pause and there it is, does anything change during that time? We can quietly breathe, just feel. If you notice a brief pause what will happen after your exhalation? If you just make the pause very, very slightly longer. Just a tiny lengthening of that pause.

Again, if you get tense, irritate it, anxious, you are trying too hard. This is not the time for us to try. Pay attention to your natural pause and just stay curious about will you notice a pause and can you extend it briefly keeping that same effortless transition of the exhalation into the inhalation? There is no (inaudible) anymore.

As you do these exercises, if there is any moment when we feel this gasping or feel like we don't have enough air, you need to pause. Make things easier, softer, gentler, make the exercise less for a few minutes, then participate again. Notice the effects.

The brief pause, the extending the pause gently. Notice if anything changes in the quality of your attention. Let go of the exploration of the pause and now see if you feel any slight different in the quality of your presence, right now.
Refresh your smile. Gradually find your way up to sitting. As we do these exercises, Patanjali says notice what your tendencies are so you are not at the mercy of your tendencies. They do not become an obstacle to your experiencing of your presence. All of the exercises that we are trying to achieve anything other than being present.

We are trying to see what are my tendencies in my inhalations, exhalations, when I pause, does this affect my body or attitude, attention, how I feel? I mentioned that before, we could play with these ideas. What happens if we do the third exercise of breathing from the combined abdomen and rib cage, what happens if you inhale from the bottom up and exhale from the top down? You could also try from the top down and exhale from the bottom up.

Is that different when you breathe in upward and exhale upward and when you breathe in from the bottom, from the top down to when you breathe out from the top down? That gives you infinite choices. Infinite possible permutations as to how you can do that. Noticing, does that make any difference in the quality of your presence?

Something that may be interesting is, how are these waves related to (unknown term), (unknown term), (unknown term), and (unknown term). Is there something that is happening when you are doing these things that is related to those traditional aspects of pranayama? This is just like an appetizer for people to become familiar, oh, wow, this is actually interesting. I want to do more of that.

So I think we still have a few minutes for any questions that there may be.

SPEAKER:

Just a couple of last-minute questions, and again I want to thank everyone so that you know this session will be available to you in a couple of days time posted@yourya.org. This exact session was done in Spanish and that is already up and available, I believe.

Most questions are referring to can you do this practice seated? As opposed to lying down, for those who may not be able to lie down?

RUBEN VASQUEZ:

That's a great question. Usually, some approaches to pranayama start students lying down because it is the most accessible and easy, simpler way to feel these movements in the torso. But then, as students
become really familiar with that, then it is suggested yes, come back to sitting in a comfortable position that they can keep for a good amount of time and explore how does it feel to do these Expirations there?

Absolutely. Sitting is a good option.

SPEAKER:
Laurie is asking why is the natural pause bigger at the end of the exhale versus the inhale?

RUBEN VASQUEZ:
I would like to be a little bit impolite and say, answer with a question. Is it possible that, is that the case? That the pause is longer on the exhalation or is it longer on the inhalation? To me that type of question is like a perfect question to bring to your mat and sit with it and see in the morning is it different, in the evening is it different, is there some thing there because different lineages of yoga have different answers for this question. I don't want to pretend that I know all of the answers or my answers are better.

I see it as an invitation to be curious. Is that the case? Is there any way in which the pause can be longer after the inhale?

SPEAKER:
Perfect. Your answers are so wonderful. We have so much gratitude for your practice today. We have very limited time, so we don't have any time for more questions. Ruben will receive all of your questions that you've asked, we will forward those to him and all of his contact information is listed in the chat.

I want to thank you all for attending today and being here with us. We are so grateful to Ruben for being here today. It is such an honour to host you in this wonderful session. I believe the slides will also be made available at the time that the video is posted.

Any questions you have, please reach out directly to Ruben. We look forward to having you all back again with us next time. Thank you so much.

RUBEN VASQUEZ:
Thank you. Namaste to everybody.

Live captioning by Ai-Media