



CUSTOMER EXPERIENCE (CX)

To have real and free access to module 1, it is not enough to have SIGN-UP and leave your email address. In addition, we have to register and create an account to access Module 1; without it, it does not work.

We continue with the "SIGN-UP and get more information," perhaps "SIGN-UP and GET FREE ACCESS TO MODULE 1".

The word "Pranayama" still does not work.

Different words, some have the explanation below, someone no... They are different and have the same explanations at the same time.

Skull Shining (Kapalibhati)

This one is also called Breath of Fire, or *Kapala*, meaning "skull," and *Bhati*, "shining." Focus your attention on quick exhale breaths, allowing yourself to inhale naturally. Do three rounds with 21 exhales in each round. This increases oxygen and blood supply to all parts of the body, rejuvenating your energy and brainpower for athletics or meeting up with a friend. It strengthens the lungs and their capacity for breath, stimulates the brain, and regulates the nervous system.

Bellows (Bhastrika)

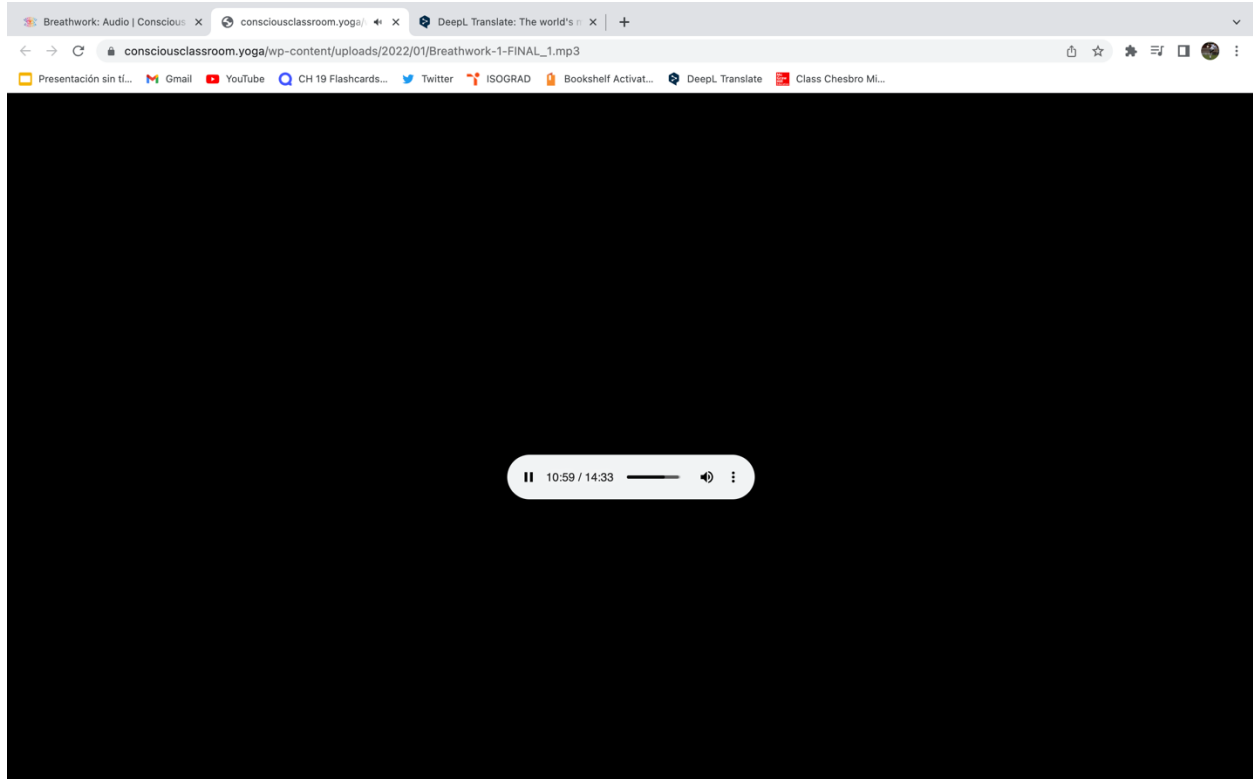
Place your palms down on your lap. Anchor your lower body. The breath moves in and out of the body rapidly with the pumping action of the belly in and out. Like stoking a fire with air, the breath is stoked with oxygen, quick in and quick out. Equal breathing with quick inhales and equally quick exhales. The breath stays low in the belly so that the belly muscles help pump the breath in and out of the body. This generates a lot of heat in the body. Remember the "Awareness" part of the 4 As? This helps us let go of and shift unhelpful thoughts and patterns when we become aware of them. It improves blood circulation, brings balance to our nervous system, and strengthens our immunity.

I CAN'T LOG IN AGAIN! (I continue to receive the POP-UP when I have already registered and created my account)

AUDIOS

Maybe insert a photo instead the black screen

VIDEO 1: 14 MIN - TV Breath - VIDEO 2: 14 MIN - Belly Breath - VIDEO 3: 9 MIN Ocean Breath



EMAIL (little confusion)

Great, I have the email! Ups ☹️ the link is not "correct" (does not take me directly to module 1)

We look forward to partnering with you to provide your student(s) with the tools they need to move away from anxiety and stress toward emotion regulation, self-control, increased concentration, and agency over their education.

Please access our sample curriculum, Module 1. Breathwork, by clicking the [CURRICULUM](#) tab on our website and using the following:

Username: sample

Password: sample

RESOURCES

Links to the books that do not work:

- **Mind Its mysteries & control – swami Sivananda**
- **Light on Pranayama – Iyengar**
- **Light on Yoga – B.K.S. Iyengar**
- **The mind its projections and multiple facets – yogi Bhajan** (This link leads directly to the previous book entitled "**The Teaching of yogi ghajan (I think this word is incorrect) - Bhajan**" therefore, we cannot find the book we are looking for).
- **The Bhagavad Gita**
- **(Would it be possible to open the book in a new Google tab instead of in the same CC tab)?**

MEDIA

Articles: Many pages of other topics until the actual article was found.

Audio: Practice you podcast

PHONE VERSION

I am not sure if I am already inside the account (computer too)

I keep getting the POP-UP when I have already done SIGN-UP.

Audio should have an image or logo from CC (recommendation)

There should also be a way for the audio to connect with the phone's audio so you can pause it and play it within the phone instead of returning to the website.

The link "**CONTACT US**" should be there in a different place (land page for example), right now is in the "team"