Anuloma Viloma Timer
Operating instructions

Congratulations

With the Anuloma Viloma Timer you have decided in favor of your yoga practice for a high-quality and worldwide unique signaling transmitter. A robust case and high-quality components take care that you will have a long time carefree joy with this device. Its innovative operation concept makes it possible to choose the numerous functions with only 3 Buttons.
Please read this instruction carefully to learn the full functionality of this timer.

General using notes

This Anuloma Viloma Timer has two independent modes.
AVT: for announcing and practicing Anuloma Viloma (yoga-change-breathing) in 16 different programs
STP: Stopwatch with interval signal for the perfect timing of your Pranayama and Asana practice

Switch on the timer:
- For the mode *AVT* (Anuloma Viloma): **,START/STOP'** hold down at least for 2 seconds
- For the mode *STP* (Stopwatch & interval signal): **,MODE'** + **,START/STOP'** hold down at least for 2 seconds
After switching on the Timer is in the standby modus.
Automatic key lock: The timer can be switched on only when the **,START/STOP'** -key is pushed for at least 2 seconds and was **not** pushed **before** for more than 2 seconds. This way coincidental switching-on is so avoided as far as possible.

Change between AVT and STP: By pressing the buttons **,MODE'** + ,**START/STOP'** simultaneously it can be changed from the standby mode into the modes AVT and STP.

Signal volume: By pressing **,SIGNAL'**, three volume levels can be selected. By pressing the key **shortly,** a **higher** volume is selected. By pressing the key **longer** (for approx. 2 sec.), a **lower** volume is selected.
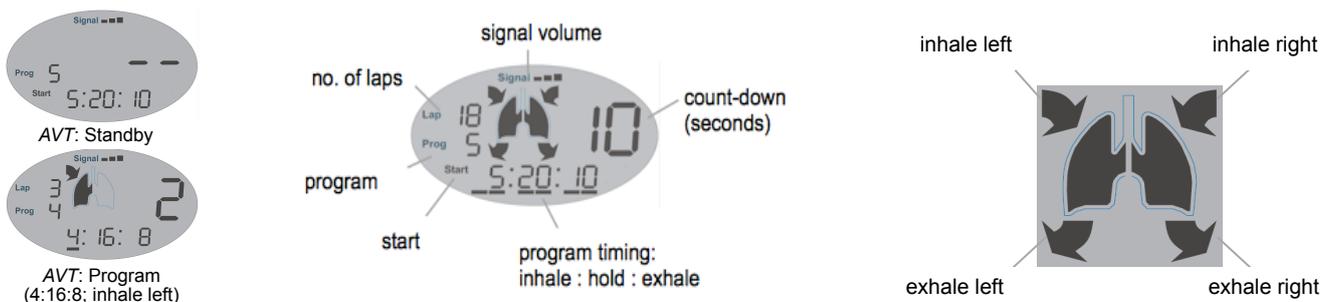
Program- (*AVT*) or interval choice (*STP*): The requested program (*AVT*) or intervall (*STP*) is selected by the mode key. By pressing the key **shortly** a **higher** program is selected. By pressing the key **longer** (for approx. 2 sec.), **lower** programs can be chosen.

Start/end practice: the chosen program or interval can be started and stopped by pressing the ,**START/STOP'** key. After exiting the program the timer is again in the standby system.

Switch timer off: By pressing the ,**START/STOP'** key for more than 2 sec., the timer is switched-off.
Is there no button activity over a longer time the timer switches off automatically in the stand by modus after approximately 3 minutes, in the current AVT-program after approximately 60 minutes and in the current STP-program after approximately 4 hours.

AVT: Anuloma Viloma

AVT: Standby

AVT: Program
(4:16:8; inhale left)

AVT display labels: no. of laps, signal volume, count-down (seconds), program, start, program timing: inhale : hold : exhale

Lung symbol labels: inhale left, inhale right, exhale left, exhale right
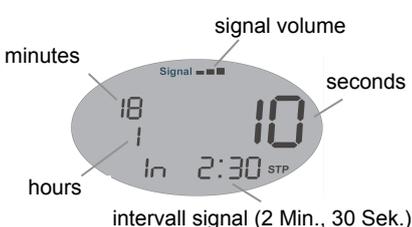
The breath direction to be executed is shown by the lung symbolism. The countdown counts the remaining seconds up to the next exercise step. Approximatelly 2 sec. before a new exercise step the upcoming breath direction is shown by a flashing symbol. With 'Lap' the number of completed rounds is shown.
Yoga-change-breathing starts with two initializing breaths, 4 sec. breathe in and 8 sec. breathe out (start sequence).

Flexible skip: The start sequence can be ended any time by activity of ,**START/STOP'** and therefore adapted with the personal inclination or the individual announcement. Only **during releasing** of the ,**START/STOP'** key, the adjusted program starts with inhaling on the left side.

Change program: During a regular exercise you can change to another program with ,**MODE'. Short keystroke –higher program, long keystroke –lower program**. The stopped program flashes for confirmation in briefly rhythm. The change in a higher program is followed by the conclusion of the current round with breathe in left. The change in a lower program is take place immediately with the following exercise step. 16 programs can be selected: 4:4:8, 4:8:8, 4:12:8, 4:16:8, 5:20:10, 6:24:12, 7:28:14, 8:32:16, 9:36:18, 10:40:20, 11:44:22, 12:48:24, 13:52:26; 14:56:28, 15:60:30, 16:64:32.

STP: Stopwatch and interval signal

STP display labels: minutes, signal volume, seconds, hours, intervall signal (2 Min., 30 Sek.)

The regular time is shown on the mode *STP*. After expiry of the adjusted interval time one peeptone can be heard. The time measurement continuous until the user exits the program manually.
27 intervals can be selected: 00:30, 00:45, 1:00, 1:15, 1:30, 2:00, 2:30, 3:00, 3:30, 4:00, 5:00, 6:00, 7:00, 8:00, 9:00, 10:00, 15:00, 20:00, 25:00, 30:00, 35:00, 40:00, 45:00, 50:00, 55:00, 1:00:00, 2:00:00.