



NURTURE YOUR SOUL WITH BREATHWORK

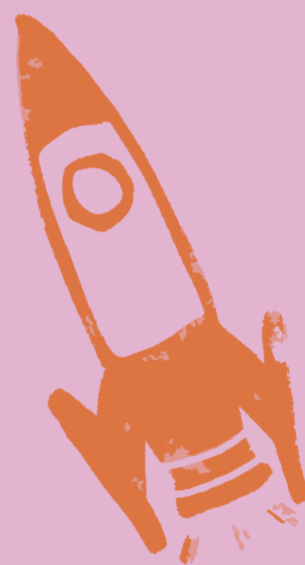
Victorious Breath = UJJAYI

FOR HIGH ENERGY, TO BUILD HEAT

First, inhale slowly through the nose and exhale through the mouth as if fogging a window, feel the breath by holding your hand up to your mouth.

Now generate the same breath but keep your mouth closed. The "HHHAAA" sound originates from the throat for a slight constriction.

Balance inhalation with exhalation, notice the quality and sound with each breath.



Sitali = "shee" ta-li

"the one that can cool you down"

Cooling effect, calms thirst & hunger, fever, reduces fatigue

Roll your tongue all the way out into the shape of a tube. If you can't create this tube shape, keep the tip of your tongue in an open space right behind your teeth.

Bring your teeth together slightly to maintain a gap.

Inhale through the tube, lower chin to chest and hold 5 seconds.

Lift the chin and close the right nostril with the right thumb and exhale slowly through the left.

Repeat other side as needed.

Box Breathing

FOR STRESS MANAGEMENT

Imagine drawing the four sides of a box as you breathe in counting to four slowly. Feel the air enter your lungs.

Hold your breath for 4 seconds. Try to avoid inhaling or exhaling for 4 seconds. Continue to draw a box as you count.

Slowly exhale through your mouth for 4 seconds.

Hold your breath for 4 seconds, then return to inhaling for 4 seconds to repeat the cycle until you feel re-centered.

Humming Bee Breath = BHRAMARI

calms the body and mind before sleep, for agitation

Humming bee breath produces the sound of a bumblebee. Gently close your mouth and bring focus to your normal breath through the nose.

On the exhale, make a continuous humming sound from your throat. You will feel this vibration in your head.

You can close your eyes and bring your thumbs behind the ears and cover the ears for a more intense experience.

Allow a natural inhale and repeat the humming on the exhale, slowing the exhalation.

Alternate Nostril Breathing = NADI SHODANA

purification of body & mind, promotes inner strength

Close the right nostril with the right thumb. Inhale slowly through the left nostril until lungs are completely filled.

Then close the left nostril with the index finger and open the right nostril to exhale slowly until lungs are empty.

The process of inhale with left and exhale with right is one cycle. Inhale with right and exhale with left is the second cycle.

Continue several cycles until finding a balance on both sides.

