

Sitali Pranayam

This breath practice has a cooling, cleansing effect on the nervous system, the mind, and the emotions. This pranayam gives power, strength, and vitality. You may find that initially, the tongue tastes bitter, and will eventually become sweet.

Sitali pranayama helps to control anger and ease frustration.

Drink a cool glass of water after three minutes of practice.

Notice how you feel.

Posture: Sit in an Easy Pose, with a light **jalandhar bandh**.

Breath: Roll the tongue into a "U shape mouth" with the tip just outside of the lips. Inhale deeply through the rolled tongue, exhale through the nose. Feel the cool air cross along the tongue as you inhale.

Time: Continue for 3 minutes.

Alternatively, you can practice this 26 times in the morning and 26 times in the evening. 108 repetitions is a deep meditation and a powerful healer for the body and digestive system.

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