

BASIC BREATH SERIES

Eyes: Close the eyelids. Press the eyes up gently and focus at the Brow Point (the top of the nose where the eyebrows meet).

1. Left Nostril Breathing. Begin long, deep, complete yogic breaths through the left nostril. Right hand in Gyan mudra. Continue for 3 minutes. Inhale and hold comfortably for 10-30 seconds, exhale and relax.
2. Right Nostril Breathing. Long deep breaths through the Right nostril. Continue for 3 minutes. Inhale and hold comfortably for 10-30 seconds, exhale and relax.
3. Alternate Nostril Breathing. Inhale Left, Exhale Right. Continue for 3 minutes with long, deep, regular breaths. Inhale at the end and hold the breath for 10-30 seconds. Exhale and relax.
4. Alternate Nostril Breathing. Inhale Right, Exhale Left. Continue for 3 minutes with long, deep, regular breaths. Inhale at the end and hold the breath for 10-30 seconds. Exhale and relax.
5. Breath of Fire. Sit in Easy Pose with both hands in Gyan Mudra. Begin a powerful, regular, and conscious Breath of Fire. Continue for 7 minutes. Then inhale and hold the breath for 10-60 seconds. Mentally watch the energy circulate through the entire body. Relax the breath and concentrate on the natural flow of the breath as life force for 3 minutes. Notice how your mind and emotions have changed.
6. In the same posture, meditate. Inhale deeply and chant Long SAT NAM's. Continue 3-15 minutes.

Comments

This breath series is one of my favorites. I feel calm, soothed, and grounded yet also uplifted and available for my day. I feel more clear and balanced. If you practice each of the breaths for the time indicated it will take you around 20 minutes or so. Although we breathe all day and all night, conscious breathing can be challenging especially in the beginning. When we change the breath, we change our mental and emotional states. Our habit patterns begin to shift. With consistent practice we gain a renewed sense of calm and clarity and feel more balanced.

This series is a great one for beginners and advanced practitioners alike. Enjoy!



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