

BREATH OF FIRE

A form of Bhastrika - Bellows Breath

This is a very purifying breathing practice.

It is a way to build the fire at the navel point.

Pulse the belly to enliven the energy to help us move stagnation into a spacious place.

When we enliven energy with Breath of Fire we become more open: we see things differently.

Often used during Kundalini kriyas.

Some of the benefits:

- Releases toxins into the blood stream to be released.
- Cleans blood
- Wakes up energy throughout the whole body.
- Helps to release addictive patterns and build stamina energetically.
- With depression and anxiety, if done correctly, it can have a balancing effect.
- Strengthens all 72, 000 nerves in the body.
- Warms up the body and its systems.
- When added to an exercise it shortens the time it takes to reach our desired effects.

How to do it correctly:

Inhale and exhale evenly. The focal point is the navel; the power comes from the navel.

Pull the navel in on the exhale. Release on the inhale.

Belly moves like a pendulum.

Belly presses out on inhale: pulls back in on exhale.

A full breath both ways.

To practice you can pant like a dog with hand on belly. Then close mouth.

Drive the power of breath with the exhale.

Go slowly to begin. Take the time to get it correct.



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BREATH OF FIRE, CONT.

Build the strength of the core muscles, particularly the transverse abdominals, slowly.

Enliven the stagnation from the lower trunk thru the internal organs and lift energy up into the heart and above.

Different mudras enlivens the energy and stabilizes it in specific areas of the body.

When we shift dominant energy patterns we start to awaken to the present moment and connect to a deeper source within. The breath is a bridge to a more conscious life - to more freedom and fulfillment.

Caution:

Not for pregnant women and for those on the first few days of their menstrual cycle.

It is often done with the belly driving too strongly: ease up



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