



Yogic Breathing

Before You Begin:

Find a comfortable position: sitting up straight with the back supported, or lying down. If comfortable, close the eyes. If not, narrow your gaze.

Remember to Keep the Breath:

Smooth

Slow

Steady

The Practice:

1. Place one hand on your belly, one hand on your heart.
2. Inhale, allowing our breath to first fill the low belly. Move the breath up to the mid ribs, and finally into the upper chest.
3. Exhale, slowly allowing the breath to release, first from the upper chest and collarbones, then the mid ribs, and lastly the belly.
4. Repeat 3-5x. Gradually work up to practicing for 3-5 minutes or more.

*The breath should be one continuous movement. Picture your breath flowing like the waves in the ocean.

Practicing Yogic Breathing on a regular basis helps calm the mind. Do not practice if experiencing respiratory illness.