



Pranayama Breathing exercises

Breath Awareness 10 rounds

10 breaths of awareness breathing. Breathe normal and notice how you are breathing. You will have a desire to change from your normal breath or maybe even hard to be aware of what is natural at first. Play with this practice to find your true autonomic rhythm.

1. Full breath 10 rounds

Inhale through nose for 4 count and exhale out of mouth for 8. Fill our lungs to their fullest. Natural exhale (hypothalamus) Make sure you are filling your lungs completely and exhaling completely. The breath should fill the lower lungs first, then middle, the upper lungs. If you lose count, don't worry. You may have the desire to hold your breath at the top of inhale. It is ok to do so for a second or two.

2. Nostril breath 5 rounds each side

Hold one nostril and inhale gently, exhale gently 5 x's and then switch to the other side. Use thumb and middle finger to alternate nostrils. This breath is a gentle inhale and exhale. No inhale/exhale counting just fill your lungs completely and empty them completely.

3. Sectional (Sips) Breath 10 rounds

Begin by inhaling 8 sips of air through the nose to fill the lungs. Exhale with a natural exhale through the mouth smoothly, not sectional. Try to take equal "sips" of air to fill your lungs completely in those 8 breaths. You will find the more you do this, the easier it will be. Always fill lower lungs first using your diaphragm.

4. Sectional Lung Breaths 10 rounds

This breath focuses on engaging different parts of the lungs first. Do this breath using abdominal breathing (lower lungs first), thoracic breathing (middle lung) second and clavicular (upper lungs) last. Each breath is 10 rounds each.

- Inhale through your nose filling your lower lungs (abdominal breathing) first, using your diaphragm relaxation, for a count of 4, exhale through the mouth for a count of 8. Inhale and Exhale are smooth not "sips".
- Inhale through your nose filling the middle lungs first with a count of 4 and exhale for 8 counts out the mouth.
- Inhale through your nose filling your upper lungs first with a count of 4 and exhale for 8 counts out of the mouth.

Always exhale from your diaphragm contracting and pushing the air from the lower lungs out first.

5. Breath of Fire (Start with 10 rounds)

To start inhale and fill your lungs completely through the nose. Exhale out of the mouth. This exhale is a forced breath from diaphragm. Make sure to empty your lungs. Inhale will come naturally through the mouth. Start slow and find a rhythm. If you need more direction, watch my video or visit this link.

<https://www.youtube.com/watch?v=SQS4Ad-16vE>