

## **BREATHING EXERCISES** (yogic breathing techniques & Dr. Andrew Weil recommendations)

At your own pace, if dizzy-sit, slow, shallower; heart disease-high blood pressure-hernia

### **Basic: Tether to Breath-lengthen and deepen**

\*intro to meditation or entering stillness or sleep

### **Ujjayi Pranayama-basic yoga breath**

\*exercise, yoga, walking

### **Breath Counting**

\*Simple breathing technique to be used anywhere/anytime. Used in Zen practice and can help with insomnia and relaxation or to calm a racing mind.

**Basics:** Sit in a comfortable position, spine straight, head slightly forward. Gently close your eyes and take a few deep breaths. Then let the breath come naturally without trying to influence it. Ideally it will be quiet and slow, but depth and rhythm may vary.

- Count 1 to yourself as you exhale
- Next exhale, count 2, and so on up to 5
- Then begin a new cycle, and begin again with 1. Count only on exhale and count no higher than 5.

### **The 4-7-8 Relaxing Breathing Exercise**

\*natural tranquilizer for the nervous system, stress reduction and relaxation

**Basics:** Breath in-Hold-Out, keep ratio, can alter pace, tongue behind teeth@ridge/closed mouth inhale, hold, open mouth audible exhale

- Inhale (4): close mouth quiet inhale thru nose
- Hold breath (7)
- Exhale (8): woosh sound thru mouth around your tongue/option to purse lips (darth vader, fog up mirror)
- (Repeat 4 Times) chime

### **The Stimulating Breath-Bhastrika (ba-stri-ka) Pranayama or the Bellows Breath**

\*Yogic coffee, cellular cleanse, oxygen flow

**Basics:** Inhale/exhale rapid pulses through nose, mouth relaxed/closed, breaths equal in duration & short as possible. This is a noisy breathing exercise w/quick movement of the diaphragm followed by regular breathing between cycles. Abdominal muscles pump the breath out and in. Use cycles or up to 15 seconds.

- Breathing both in and out
- Seated (moving stomach only): Option of 11 breaths
- With HANDS: Inhale raise hands up fingers stretch; exhale fists pump elbows down increase then decrease speed (20-50 breaths)
- Hands of prayer "Let there be cell regeneration, let there be curative action, let the breath cure the cell making the cell healthy and happy again."

<https://youtu.be/J4nf-NISmJw>

## Standing Deep Breathing Pose / Pranayama- extension of life force *(used at the close of Bikram)*



\* helps to transfer as much oxygen to your muscles and organs as possible, to expand your lungs-chest-ribcage, and to help put your mind at ease as well as increase your focus

**Basics:** inhale nose/exhale mouth, interlace fingers under chin, elbows down, crown of the head high/chin level, shoulders down, spine long/strong core –stomach in keeping chest lifted

- Inhale: elbows rise up on inhale through nose, full chest until can't take in anymore
- Exhale: exhale mouth wide open (h/aaah), head tilts back while bringing elbows together until no air left to cleanse
- (Repeat 10 Times) chime

[https://www.youtube.com/watch?v=EyRZWg\\_2yTI](https://www.youtube.com/watch?v=EyRZWg_2yTI)

## Kapalabhati Pranayama: Breath of Fire (ka-pala-bah-ti used at the close of Bikram)



\*builds internal heat/fire, cleansing, strengthens lungs, improves circulation, stimulates digestion, boosts immunity, improves concentration, cleansing mucus

**Basics:** Only movement is in the abdomen, pumping is the key. Proper position-child's pose/on shins or legs cross

- Abdominal muscles pump the breath out, brisk exhales, inhale is automatic
- 11 breaths
- Repeat 2x@5 sec, 2x@10 sec, 2x@15 sec; chime
- Up to 3 minutes

<https://youtu.be/shEhrwqcdAU>

<https://youtu.be/B6bnFIVkKrE>

## Heart Centered Breathing (HeartMath) Quick Coherence Technique

\*creates coherence between heart and brain synchronizing at a physiological level, supports flow of positive emotional states

- Heart focus-take elevator down from mind to heart/maintain
- Heart focused breath-as if breath enters in and out of heart moving through, falling in/out of heart
- Heart feeling-maintain heart focus and feeling then activate a positive emotion (time u felt good, appreciate, love or care you have for someone/something in your life, compassion)

<https://youtu.be/VcjPsEiohoA>

<https://youtu.be/8zHuoU8yKLQ>

### General Resource:

Visit Heart Math Institute: [HeartMath.org](http://HeartMath.org)

Dr. Andrew Weil: [www.drweil.com/health-wellness/body-mind-spirit/stress-anxiety/breathing-three-exercises/](http://www.drweil.com/health-wellness/body-mind-spirit/stress-anxiety/breathing-three-exercises/)