



The Breath

Pranayama is the teaching of breath.

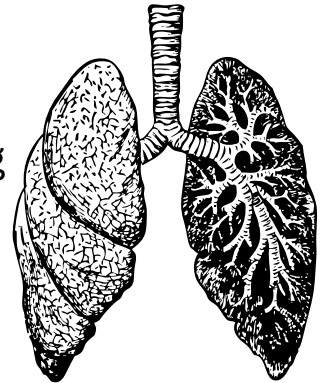
Prana = means life energy

Yama = means to control.

Our breath is so powerful. The goal of the Yoga breathing technique is to lengthen the breath, guiding it to different energetic centers. Focusing on the breath helps to calm and harmonize the mind and enter a state of meditation.

In yoga, various breathing techniques exist, such as:

- Anuloma Viloma Pranayama = Alternate Nostril breathing
- Kapalbhati Pranayama = Breath of Fire
- Bhramari Pranayama = Bee breathing...



The Respiratory Cycle:

A respiratory cycle involves inhaling and exhaling. Normally, two muscle groups—diaphragm and external intercostal muscles—are engaged in inhalation. Extra muscles may be involved for deeper breaths. An average adult breathes 12 to 20 times per minute, totaling about 22,000 breaths a day. Breathing is vital for life

The Ujjayi breath is the primary technique in Vinyasa flow Yoga, where breath directs every movement. Translated as "ocean breath," it involves gently constricting the vocal cords to create a soft sound while evenly slowing down inhalation and exhalation. This synchronized breath and movement in the practice act as a control system; losing the breath signals being too forceful or disconnected in your practice.

PRACTICE FOR YOU:

Take 3 minutes a day where you focus on your breath. Look at how it circulates. Or practice my Video on you tube: Breathing Meditation 10 min Andrea Stern

