

YOGA BREATHING EXERCISE

LEVEL A:

Sit upright with feet firm on the floor

Keep spine and neck straight

Rest tongue gently on hard palate

Breathe through your nose

IN-breath- fully expand chest, pay attention to your upper chest

OUT-breath- fully exhale all air by end of the count, starting at the diaphragm and working upward

Count 4 IN

Count 4 HOLD

Count 6 OUT

Count 2 HOLD

*Do 4 rounds per set

LEVEL B:

Slightly constrict the back of your throat so the breath is audible (like an ocean sound)

LEVEL C:

Tuck index and "tail" finger into the palm.

Use thumb and ring finger to alternately press on nostril- fully exhale through both nostrils and then start breathing cycle through open nostril, alternate which nostril is open on IN breath