

Ujjayi breathing

This breathing technique can be practiced both in seated posture and lying down.

Start by observing your breath for several minutes.

Exhale through the mouth to begin Ujjayi breathing; in class you've held your palm in front of the mouth and visualized fogging the mirror with your breath.

Once breathing through the mouth with the slight hissing sound at the back of your throat feels comfortable (you are learning to regulate your breath in a particular way), continue to breathe through the nose, regulating your exhales to create that same slight hissing sound at the back of your throat.

You can eventually transition to regulating both in- and exhales; however, take your time getting comfortable here - often moving too fast forward in our practice is bound to create tension.

Be sure that the sound you are creating and your effort here are soft – trying too hard might tense up your face, neck and shoulders, not something we desire in this practice.

Ujjayi breathing is particularly relaxing and nourishing to human nervous system; try covering your ears with your hands and listening to the sound of this breath inside your body.

Happy breathing!!!