



mindful hub

well-being, right now.

### 3 Yogic Breathing Techniques to Help With Your Mindfulness Practice

*Check out [mindfulhub.com](http://mindfulhub.com) for more information on mindful breathing*

#### **UJJAYI**

\*\*\*Contraindications: avoid this technique if you are experiencing irritation of the throat or sinuses. \*\*\*

- Sit up tall and relax your abdomen.
- Allow your belly to move with each breath.
- As you breathe, gently contract the back of your throat so that you are making a soft, continuous hissing sound like the sound you hear in a sea shell. Do this on both the inhalation and exhalation and keep your mouth closed the whole time.
- Continue the deep breathing and explore how loudly you can make the sound, but do not strain. Focus all of your attention on the sound of your breath.
- Continue this breath for several minutes, or until you start to feel calm.
- When finished, sit in stillness and quietly feel the effects.

#### **NADI-SODHANA**

- Sit up tall and relax your abdomen.
- Take a few deep breaths to calm the mind.
- Close your right nostril with your thumb and slowly inhale through your left nostril.
- As soon as you finish inhaling, close your left nostril with your ring finger and exhale through your right nostril.
- As soon as you have exhaled through your right nostril, inhale through your right nostril. Continue this pattern (exhale, inhale, switch).
- After several minutes of breathing in this way, begin to slow down your inhalations and exhalations. Do this very gradually. As the meditative quality of your practice deepens, you will be able to breathe even more slowly. Let the slow pace be a reflection of your mind slowing down.
- When you are ready to end your practice, release your hand to your lap and exhale through both nostrils. If you are doing complete rounds, you will finish by exhaling through the left nostril.
- When finished, sit quietly for a few minutes and feel the effects.

#### **KAPALABHATI**

\*\*\*Contraindications for this breathing technique include pregnancy, recent surgery, injury or inflammation in the abdominal or thoracic region, and uncontrolled high blood pressure. This breath is very energizing and may aggravate some mood disorders, please check\*\*\*

- Sit up tall and relax your abdomen.
- Take a few deep breaths to calm the mind.
- Inhale deeply.
- Strongly contract your abdomen, exhaling sharply through the nose.
- Allow your abdomen to relax from the contraction so that a passive inhalation happens.
- Repeat exhalations and inhalations at a steady pace. If you find that you become short of breath, feel light-headed, or lose your rhythm, slow down and make sure you are taking in enough air on the inhalation. It takes some practice to coordinate the breathing with the movement of the abdomen. Rest when you feel tired.
- Finish with an inhalation and then exhale and hold out as long as is comfortable.

***We wish you twenty minutes of mindfulness every day!***