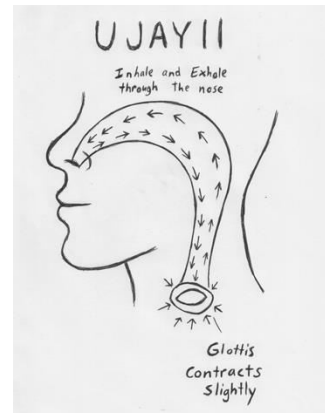
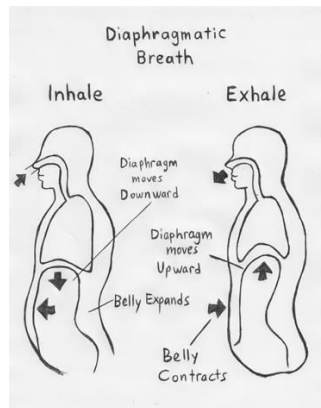


Ujayii Breath (Breath of Victory) and Yogic Diaphragmatic Breath



These two breathing techniques are used together to relax the body and the mind. They activate the parasympathetic nervous system and are used while performing any yoga posture.

Ujayii Breath

1. Begin with diaphragmatic breath.
2. When you are ready to inhale, narrow the throat opening (glottis) slightly.
3. INHALE through the nose, drawing the air across the back of the throat and through the narrowed glottis. This will produce a gentle hissing sound.
4. Keep the glottis narrowed as you EXHALE. The exhale sounds somewhat like fogging up a mirror, however it is done through the nose.

Diaphragmatic Breath

1. Begin either lying on your back or sitting up straight in a chair.
2. Breathing only through your nose, INHALE and expand your belly.
3. Continue INHALING and expand the ribs sideways.
4. Continue INHALING and expand the chest.
5. EXHALE and empty the chest.
6. Continue EXHALING and empty the ribs.
7. Continue EXHALING and empty the belly last.
8. Pause at the end of your exhale.
9. Repeat steps 1-8.