

Benefits of Breath Work:

3 Part Breathing

Relaxes the body and calms the mind
Massages abdominal organs
Improves digestion and elimination
Energizes the body
Brings 7x more Oxygen to the lungs than shallow breathing

Ocean sounding Breath offers the above benefits plus

Increases concentration by using the sound of the breath as a focal point
Induces meditation, lower cortisol levels (cortisol causes body to store excess body fat)
Stimulates circulation and metabolism
Lowers heart rate and reduces stress and anxiety

Breath of Fire

Cleanses metabolic wastes from the body
Creates mental clarity and alertness
Strengthens the diaphragm, the heart and nervous system
Tones and strengthens abdominal muscles

Bellows Breath offers the same benefits as Breath of Fire plus

The use of arms activates the lungs and cardiovascular system to a level equivalent to jogging, when you have gradually increased to 50 reps X 3 sets.
Increase reps under the guidance of a qualified teacher.

Half Body Breathing offers same benefits as 3 Part Breathing plus

Balances the hemispheres of the brain