

## Breath Work: General Guidelines for practicing breath work or Pranayama

Important note: If you are new to yogic breathing I recommend you attend a class and practice with a qualified Yoga Instructor.

Listen to your body! If it doesn't feel good then stop and breathe at your own rhythm

Practice on an empty stomach.

Keep spine straight during practice

Hold breath only as long as comfortable.

If you become tired stop and breathe at your own pace.

If you become dizzy or nauseous, stop and take slow deep breaths

Too much breath work or increasing too fast can make you emotional

Allow time for introspection after breath work

Breath of Fire and Bellows breath are heating; if uncomfortable during menstrual period, don't do it.

Instead, practice 3 part breathing or the cooling breath.

Better to practice Breath of Fire and Bellows breath prior to meditation.