

## **Breath Work Methodology**

Breath Awareness Meditation: use any slow deep breath as a focal point and always acknowledge physical sensations, thoughts arising and feelings that surface; compassionately setting them aside, return your focus to your breath over & over.

### **3 Part Breath** (lying, standing or seated in a comfortable position w spine erect)

Begin by breathing at your own rhythm several breaths

Inhale into abdomen; fill your ribcage with breath and up to and under your collar bones into your neck and head.

Increased awareness or if you are a reverse breather, use your hands to follow your breath, abdomen, ribs and collarbones

Exhale from the top down in a relaxed and natural manner

It is like filling up a glass of water, fill up from the bottom up and empty top down

Allow the breath to be smooth, even and continuous like a wave

### **Ocean Sounding Breath** (can be done with any 2 or 3 part deep breath)

Repeat 'home' to yourself and focus on the sound coming from the back of the throat. If a beginning student, use the sound first on just an inhale and when comfortable add to inhalation and exhalation.

Creating an ocean sound like you would hear in a sea shell

Focus all your attention on the sound; make it loud enough without straining that someone nearby could hear

Sit quietly and feel the effects!

### **Mountain Breath** (3 part deep breath add your arms)

Sit erect pressing sitz bones into mat or stand in mountain (pressing base of big, little toes and top of heel into mat)

Inhale and slowly extend your hands out to the sides and up over head.

Hold the breath in and press your palms together over your head; reaching your fingertips upward.

On your exhale slowly lower your hands to your sides.

Pause for a breath in and out as your hands rest by your sides.

On the next inhalation extend your hands out and up over head. Every other inhalation your hands rise up, on alternate breaths they rest by your sides.

Repeat the cycle for 10 breaths. Rest and feel the effects.

### **Breath of Fire** (sharp exhalation passive inhalation)

Beginning students: Imagine your hand as a candle holding it in front of your body blowing out the candle. Notice how your abdominals and solar plexus engages naturally; that's the feeling you want.

Next exhale sharply and completely through your nostrils with mouth closed. Pause and feel a passive inhalation, continuing exhaling and inhaling for 10 rounds. You will naturally pick up the pace as it feels comfortable.

### **Bellows Breath using Breath of Fire**

Adding your arms increases the effect on your lungs and cardiovascular system offering a benefit similar to jogging after gradually increasing your repetitions and rounds.

Make fists and hold hands at shoulder level. Inhale arms overhead with fingers wide apart; exhale fists back to shoulder height. Continue for 5-10 rounds or what is comfortable for you.

### **Cooling Breath**

Begin with 3 part breathing, create a trough with your tongue or allow tongue to hang out of your mouth like a dog panting, Inhaling fully through your mouth, pause with mouth closed, exhale completely through your nostrils. Repeat at a steady pace for 5-10 breaths or what is comfortable for you.

### **Half Body Breathing**

Bring your attention to the left side of your body and imagine breathing in through your left toes, left fingers and left nostril filling the whole left side of your body with breath. As you exhale, soften through the entire left side of your body. Do 2 more rounds of breath this way inhaling, filling and nourishing the entire left side of your body, exhaling, purifying and relaxing the left side. As you finish your next exhalation draw your attention to the right side of your body inhaling in through your right toes, right fingers and right nostril, exhaling and releasing through the right side of your body.

Inhaling ....last round filling your right side, exhaling and emptying your right side. And now breathing in through both arms, both legs, and both nostrils at once, breathing into and being aware of your whole body exhaling and relaxing the whole body, allowing a few more breaths this way...