

Ujjayi Breath

-Victorious Breath -

Sit comfortably. Begin to take deep breaths in through your nose and out through your mouth. Start to exhale like you are trying to fog up a mirror. Continue this, noticing the constriction you are creating in the back of your throat. Halfway through your next exhale close your mouth but continue to exhale like you are fogging up the mirror. Now you are breathing only through your nose. Try to keep the constriction in the back of your throat as you breathe. You will eventually create the constriction on the inhale too. If you are straining to do this keep practicing. Over time you will create a smooth, relaxed breath. Your breath will begin to sound like the waves of the ocean or like Darth Vader breathing. The sound you hear as the breath moves through your throat will give you something to focus on and allow you to be in the present moment. Allow your inhales to be nice and deep. Bringing them into the low belly. Allow your exhales to be nice and long. Drawing your low belly towards the spine on the exhale.

Begin to let go of other thoughts and focus on the sound your breath is creating. You can do this for 5 breaths or 5 minutes. Each time a thought pops into your head let it go and bring your awareness back to the sound of your inhales and exhales. Enjoy your deep breaths and the time spent in the present moment!

Benefits:

- Helps quiet and focus the mind
- Warms you up from the inside
- Massages internal organs
- Releases stress and tension

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