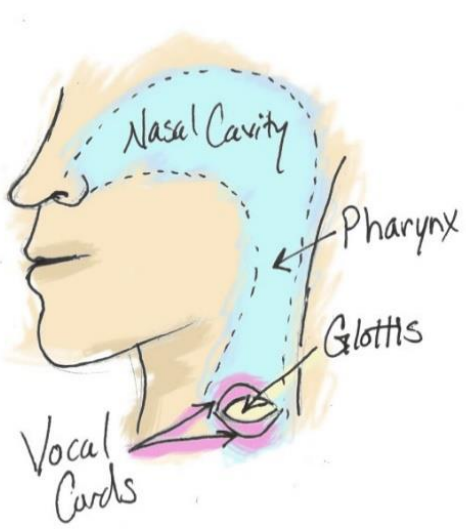
UJJAYI BREATH



WHY? This breath exercises our diaphragm, prevents from freezing as we age (flutter state). This breath calms our nervous system and allows us to begin retraining the body systems to attract peace, versus stress. We move from reaction to events, to witnessing events, from being our emotions to observing our emotions. A "side effect" is it creates an audible focus and vibration that brings us into the moment we are in.

WHEN? ANY time! Notice how you feel during a time of frustration and you engage the ujjayi practice. Within 3-4 breaths you will notice a difference. When the mind is entertaining a highway of thoughts in the evening before bed, practice then. In hatha yoga, we do it throughout the whole yoga practice until Savasana, then we find our peace in our ***natural state and body***. Ultimately making savasana the hardest post in hatha yoga. This breath begins to lengthen muscles, and create stamina while in our poses.

HOW? Level 1: Natural breath in though the nose and always using your diaphragm…….pause….then exhale and close off the glottis in the throat. With practice you will develop a smooth exhale and rhythm. I cannot tell you how automatic it will become in the time of "need". So when a yoga teacher reminds us to "breath"…this is the breath we are talking about! The more you squeeze, the longer the breath and the greater the effect. Eventually (if desired but not required) you can do this on the in breath as well – you would just not close the glottis as much as you would want the breath to be shorter than the exhale.