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Beginner lessons for Breathing

Master Your Breath: The Foundation of Yoga Practice

DEFINITION

> Breathing in yoga, or pranayama, is the practice of controlling breath to enhance physical and mental well-being. It helps to center the mind and prepare the body for yoga poses.

KEY CONCEPTS

Diaphragmatic Breathing

This technique involves breathing deeply using the diaphragm, allowing for fuller oxygen intake.

Ujjayi Breath

A technique where you slightly constrict the throat to create a soft sound while breathing, promoting focus.

Nasal Breathing

Breathing through the nose filters and warms the air, enhancing relaxation and concentration.

Breath Awareness

Focusing on your breath helps to anchor your mind and reduce distractions during practice.

Counted Breathing

Involves counting the length of inhales and exhales to regulate breath and calm the mind.

EXAMPLES

→ Practice diaphragmatic breathing for 5 minutes daily.

→ Use Ujjayi breath during your yoga sessions for better focus.

→ Try nasal breathing during meditation to enhance relaxation.

MEMORY TIPS

★ Think 'Deep, Slow, Calm' for effective breathing.

★ Use the acronym 'BREATHE' - Balance, Relax, Engage, Awareness, Time, Harmony, Exhale.

★ Visualize a wave: inhale as it rises, exhale as it falls.

COMMON MISTAKES

✗ Holding breath instead of flowing with it.

✗ Breathing too shallowly and not using the diaphragm.

✗ Focusing too much on technique and not enough on relaxation.

QUICK RECAP

Breathing is essential in yoga, enhancing both physical and mental focus. Key techniques include diaphragmatic breathing and Ujjayi breath, which promote relaxation and mindfulness. Remember to practice regularly and avoid common mistakes like shallow breathing.