

*HIBISKISS
ĀYURVEDA*

Yogic Breathing Exercises

Pranayama



Ujjayi (sounding breath): A tri-doshic breath to calm the senses. Become focused by slowing the breath down, constricting the back of the throat; commonly referred to as the “darth vader” or “ocean” sounding breath. Movements should follow the breath, if practicing with asana (yoga postures).

Kapalabhati (skull polishing breath): A stimulating breath that will increase agni (digestive fire) and clear our breathing passages. Sitting up tall, breath will come in and out through the nose. Inhale passively; exhale with force, pulling your navel towards your spine. Typically done in a quick, repeated manner, but can be slowed down.



Nadi Shodhana
(alternate nostril
breath): Create a
peace symbol with
your dominant hand,
then lower the peace
sign (index and middle
finger) and raise the
thumb, ring and pinky
fingers. With your
palm facing you, close
off the right nostril
with your thumb,
exhaling through the
left. Inhale through
the left nostril, then
close off the left
nostril at the top of
the breath with your
ring finger, release
your thumb from the
right nostril to open
for the exhale. Repeat
back and forth,
alternating nostrils.



Chandra (lunar breath): A cooling and pacifying breath, which can be done sitting up or lying down. If sitting up, close off the right nostril with your right thumb, breathing in and out through the left. If lying down, lay on the left side of the body so to enable breathing through the right nostril.

Surya (solar breath): An energizing breath, which can be done sitting up or lying down. If sitting up, close off the left nostril with your ring finger, breathing in and out through the right. If lying down, lay on the right side of the body so to enable breathing through the left nostril.

Shitali (cooling breath):

Reduces heat in the body, as well as aggression. Sticking your tongue slightly out of your mouth, create a straw by curling the tongue. Inhale through your “straw”, and then bring the tip of your tongue to the top of your mouth as you close your lips and exhale through the nose. Repeat.

