Week One: Ujjayi Breathing

Benefits:
- Improves concentration in your practice allowing you to remain in poses for extended periods of time
- Releases tension throughout the entire body
- Regulates heating and cooling of the body. The friction of the air passing through the lungs and throat generates internal body heat which is similar to a massage for the internal organs. As the core becomes warm from the inside, the body becomes prepared for the practice. This heat makes stretching safer while the inner organs can be cleansed of any toxins that have gathered in your body.

How to:
From Easy Pose in your chair or on your mat, draw your hands together in prayer position. You can keep your eyes open or close them. Inhale deeply through your nose. Open your mouth and make a “ha” sound as you exhale for the same length of time as your inhale. Imagine that you are fogging up a mirror in front of you with your breath. Inhale again through your nose, but this time close your mouth. On your next exhale feel your throat passage narrow as air flows out of your nose creating the sound of the ocean. Repeat in and out through your nose. Allow this breath to remain with you throughout your practice.