



1) **Breath of Fire.** Sit in Easy Pose, with the hands in Gyan Mudra, resting on the knees with the elbows straight. Begin Breath of Fire for 7 minutes. Then inhale deeply, and hold the breath for 10-30 seconds. You may apply mulbandh as you hold the breath out. This is optional. Exhale and relax.

2) **Long Deep Breathing.** In the same pose, breathe in long, complete, yogic breaths. Breathe deeper than normal so that the entire rib cage is used and lifts several inches on the inhale. Exhale so you pull the Navel Point all the way back. Consciously follow each part of the breath. Continue for 5 minutes. Then inhale and hold for 10-15 seconds. Exhale and relax.

3) **Pucker the lips** and immediately inhale deeply through them. Exhale through the nose. Continue for 3 minutes. Then inhale, hold briefly, exhale.

4) **Breath of Fire.** Repeat exercise 1. Make the breath powerful and regular for 2 minutes. Then inhale deeply and hold, as you focus at the Brow Point. Exhale and relax.

5) **Breath Awareness.** Meditate on the flow of breath as you relax and it settles into a normal rhythm. Feel the subtle pathways of the breath throughout the body. Sense the breath as motion and experience the different kinds of energy flow in every organ and cell.

