

Yoga Breathing

Humming Bee

Bhramari Pranayama

“Inhale rapidly to produce the sound of a male bee. Exhale slowly to emit a buzzing sound like that of a female bee. With repeated practice of *Bhramari Pranayama*, an indescribable happiness rises in the heart of the best Yogi.” (Hatha Yoga Pradipika, II, 68)

Starting Position: sitting with your legs crossed, or in *Vajra Asana*.

In the classic form, inhalation is only through the left nostril and then a buzzing sound ‘emmmm’ is produced when exhaling, creating a vibration that can be felt from the throat to the centre of the forehead. However, one can inhale through both nostrils, especially in cases of prolonged practice.

During the inhalation, your throat is partially closed like in *Ujjayi Pranayama*. The exhalation is extended greatly. The tonality of the sound can also change notably.

The sound pervades the entire area of the throat, the shoulders, the back of the neck and the face and cranial cavity. This respiration affects *Udana Vayu*, which by nature moves from the throat upwards and activates facial expressions and gestures.

To augment the perception of the subtle internal vibrations induced by this *Pranayama*, practice it with closed ears. The practice of *Humming Bee* requires a minimum of 5 minutes and it can be extended with a progression dictated by common sense.



Contraindications: inflammatory pathologies of the throat.

Benefits: teaches how to exhale very slowly; activates the parasympathetic nervous system and thus helps save energy; improves the voice; helps in preventing various pathologies of the neck and nose and favors the purification of the respiratory passages; creates calmness, and relaxes the body and the mind.