

Pranayama

Breathing with Prolonged Exhalation

Starting Position: sitting with back and head aligned.

Take a deep inhale and insert a short retention for a few seconds. Then exhale through pursed lips in Kaki Mudra, the Gesture of the Crow, as though you are trying to whistle. The air escapes as slowly as possible.

Try to imagine moving the flame of a candle placed in front of the mouth, but without blowing it out. Repeat from 5-20 times.



Contraindications: serious heart troubles.

Benefits: favors relaxation, overcoming hyperactivity, insomnia, excitability and excessive emotionalism.