

Pranayama

# Singing OM

*Pranava Mantra Pranayama*



**Starting Position:** in a seated or erect position.

Inhale deeply and then allow the voice to be released until the end of the exhale sounding “Om”. The sound arises from below.

You can focus on the sound ‘O’ inducing a feeling of lateral expansion, or the sound ‘M’ inducing a feeling of upwards expansion.

Keep your attention focused on the vibration that the sound induces in the tissues. The vibration can also be perceived by placing one or both hands on the sternum or between the shoulder blades.

To be practiced a minimum of three repetitions with no maximum limit.

**Contraindications:** none.

**Benefits:** teaches how to exhale completely and use voice and speech effectively; harmonizes the Heart Center (Anahata Chakra); induces a profound peace in mind and heart. Practiced in a group, its effectiveness is multiplied.