

## Pranayama

# Purifying Breathing

**Starting Position:** erect, with your feet parallel and hip width apart.

After a full exhalation, take a deep breath in. Continue to inhale and during the final phase raise your shoulders until they are close to the ears.

Hold your breath for 5-15 seconds. Then allow your shoulders to fall and powerfully exhale through your lips which are pursed in *Kaki Mudra*, the Crow Gesture (like when you whistle). This first phase of exhalation is long and strong, like blowing into a blowpipe.

Then there is a brief retention followed by a series of short and strong exhalations, always through the mouth, while your shoulders fully drop.

Practice up to 11 repetitions.



**Contraindications:** none.

**Benefits:** liberates the respiratory system from impurities, relaxes and distends the nervous system, releases tensions from neck and shoulders.