

10 Minute Breath-Centering

A calming, balancing,
centering breathing
technique

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Pratiloma Ujjayi

A calming, balancing, centering, pranayama technique, utilising a combination of alternate nostril breathing and ujjayi

Although it may seem a little complicated at first, it is actually quite a simple pattern.

Throughout the practice, keep the breath feeling calm, smooth and pleasant.

- Sit comfortably
- Feel the natural breath, allowing it to become calm, smooth and steady
- Begin using ujjayi - the soft feeling of the breath in the throat. Allow it to remain calm and smooth, with a pleasant feeling. Continue for several breaths.
- Do not use ujjayi while using alternate nostril

- **Inhale using ujjayi**
- **Exhale left side only**
 - Using thumb to gently close the right nostril
- **Inhale left side only**
- Release hand, **exhale using ujjayi**
- **Inhale using ujjayi**
- **Exhale right side only**
 - Using ring finger to gently close the left nostril
- **Inhale right side only**
- Release hand, **exhale using ujjayi**
- Repeat for 6 rounds (24 breaths)
- One round takes 4 breaths to complete on both sides
- After completing, sit quietly with the natural breath

Benefits

- Facilitates a longer, slower, calmer breath cycle
- Calms and focuses the mind
- Helps balance emotions
- Balances the sympathetic and parasympathetic functions of the autonomic nervous system
- Creates a calm and centered feeling



Contraindications

- Do not practice this technique if you have congested or blocked nostrils or sinuses, or a sore throat
- If the practice causes any feelings of discomfort or disturbance, seek the guidance of a yoga teacher who is experienced with teaching pranayama