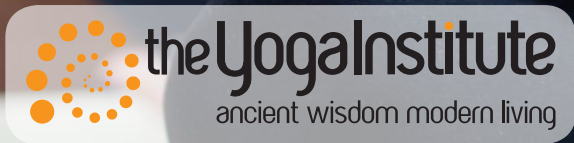


Anuloma Ujjayi Calming Breath

**A calming breathing
technique**

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Anuloma Ujjayi

A breathing technique used to calm the body and mind. Combines ujjayi breathing on inhale with alternate nostril breathing on exhale.

Instructions

- Sit tall and comfortable. Neutral spine.
- Inhale slowly and deeply for a few breaths.

Introduce **ujjayi** on the inhale - produced by creating a soft sound or feeling in the throat (sometimes described as the sound of the ocean).

- INHALE using ujjayi
- Block right nostril and EXHALE through left nostril only, without ujjayi

- INHALE using ujjayi
- Close left nostril and EXHALE through right nostril only, without ujjayi

Details

- 1 round = 2 breaths
- DO NOT USE UJJAYI WHEN BREATHING THROUGH CLOSED NOSTRIL
- Purpose is to create a calming breath by lengthening the exhale
- Considered calming & relaxing to body and mind

Benefits

- Calming before sleep
- Can induce muscular relaxation and quieten the mind
- Can lower blood pressure

Contraindications

- Not recommended for people who haven't learnt to use ujjayi breath or alternate nostril breathing techniques from a qualified yoga teacher
- Do not use if either or both nostrils blocked
- Stop if you feel discomfort
- Not good for people with low blood pressure
- Slows apana (digestive) regions so not appropriate for those with chronic constipation

