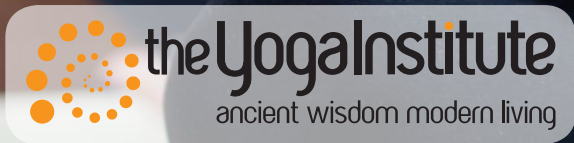


# Sitali (sheetali) Cooling Breath

**A calming, cooling  
breathing technique**

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# Sitali (sheetali)

## Definition = Cooling Breath

*A calming, cooling pranayama technique used to soothe and cool the body and mind.*

## Instructions

- Sit tall and comfortable. Neutral spine.
- Extend tongue outside the mouth as far as possible, without straining
- Roll sides of tongue up into a tube
- Inhale slowly and deeply across the curled tongue
- At the end of inhale, draw tongue in, close mouth
- Exhale through the nose
- Moisten tongue and repeat

## Details

- Unique because inhale takes place through mouth, where cooling effect occurs
- Evaporation of the moisture on the tongue & mouth cools the incoming air, this reduces heat, cools the mind & body
- Considered pacifying & relaxing to body and mind, while increasing pranic capacity

## Benefits

- Effective during hot weather
- Calming before sleep
- Induces muscular relaxation and quietyens the mind
- Can lower blood pressure

## Contraindications

- Stop if you feel discomfort
- Because filtration system of the nose is by-passed, best done in clean, fresh air so the lungs are not contaminated
- Not good for people with low blood pressure or respiratory conditions like asthma, bronchitis & excess mucus
- Cools apana (digestive) regions so not appropriate for those with chronic constipation
- Not generally practiced in winter or cool climates

