

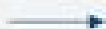


UJJAYI BREATHING

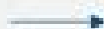
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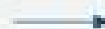
Stay seated comfortably



Feel the spine extend and open your chest



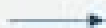
Relax the body, especially the jaw and tongue.



Keep the mouth closed, and throat constricted.



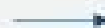
Inhale through your nose, and pull with your diaphragm.



Exhale through your nose, and push with your diaphragm.



Ensure inhalation and exhalation are long, equal and without gaps in between; the throat stays constricted.



Afterwards, relax the body for a minute or so.

Lessons In Pranayama Breath Body Mind

J Dewey



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