

Breathing

Prana, or "breath," is what fuels our life force. Most of us aren't taught how to breathe correctly and usually only do so in a shallow manner. Once you learn to fill your diaphragm and lungs with air, you will notice how much more awake you feel. These yogic breathing methods are also anti-aging because they help awaken the endocrine system and bring more oxygen to the skin and organs.

Breath of Fire

In Kundalini yoga, it is said that if you feel down or depressed, it's because you don't have enough prana in your system. Breath of fire, a Kundalini kriya (exercise), remedies this. It is a vehicle for changing your brain chemistry and creating lots of joyful energy.

For breath of fire, sit in a comfortable position holding your arms up in a "V." Close the four fingers of each hand against your palms, and have your thumbs out, pointing in toward each other.

Inhale and exhale through your nose, rapidly, and with enough force that you feel your diaphragm moving.



Novel Mindfulness Meditation

JON. KABAT ZINN

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