

# Breathwork – Ujjayi pranayama

1. Sit with your back, neck, and head erect.
2. Relax your facial muscles and nose.
3. Seal your lips and constrict your throat.
4. Release a short breath, and then breathe in slowly and rhythmically in one long, smooth, and unbroken inspiration.
5. Let the air pass through your tight throat such that it produces a friction sound.
6. Continue breathing in till your chest feels full.
7. Hold the inhaled air for about 6 seconds.
8. Slowly and steadily release the breath as naturally as possible.
9. Take a few normal breaths and relax.

