**Yogic Breathing Techniques Handout**

**Simple Natural Breathing**

Sit up with spine straight. Begin by taking a full slow breath expanding the belly out, pause for a second or two, then exhale slowly pulling the belly in completely towards the spine. Try to allow the inhalation to be equal to the exhalation.

**Long Deep Breathing**

Sit up with spine straight. Begin by taking a full deep breath expanding the belly, next expand the chest, and finally the collarbones. As you exhale expel the air from the collarbones, then the chest, then finally pull the belly in completely towards the spine. Long deep breathing is known to increase a sense of relaxation and calm by activating the parasympathetic nervous system, to increase a sense of alertness, and to increase one’s ability to handle stressful situations.

**Sitali Pranayam**

Curl the tongue into a “U” shape. Inhale though the curled tongue. Exhale through the nose. Sitali Pranayam is known to have a powerful, cooling, relaxing effect on the body while maintaining alertness.

**Alternate Nostril Breathing**

How to do alternate nostril breathing:

* Use thumb of right hand to close the right nostril, and the index finger of the right hand to close the left nostril.
* Close the right nostril and inhale through the left nostril
* Close the left nostril and exhale through the right nostril
* Inhale through the right nostril
* Close the right nostril and exhale through the left nostril
* Continue repeating, alternating nostrils after each inhalation

Alternate Nostril Breathing is known to help with stress related symptoms and to promote a sense of grounding and centeredness.