

# Pose of the Week 4-19-08

## Ujjayi Breath



Victorious Breath (sometimes called Ocean Breath)

OK, this week's pose of the week is not a pose at all, but a breathing technique. Pranayama is the word for breathing practices in yoga. Ujjayi breath can take your practice to a new level. Ujjayi breath is a sort of throat breathing. To understand it, hold your hand in front of your mouth as if it were a mirror. Breathe out of your mouth like you are fogging the mirror – Haaaaaah. Now try that with your mouth closed. Even though your breath comes through the nose, it feels like you are breathing with your throat. Now try to breathe in is the same way – through the throat. Your breath will sound a little like Darth Vader, or an ocean wave rolling in and out.

- Slows the breath
- Deepens focus
- Clears the mind, calms the body
- Heats the breath and body
- Moves energy through the body
- Helps you better connect to the rhythm of your breath

### Tips –

- Save this for later if you are still learning to flow with your breath and learning the poses
- Let your breath fill your lower lungs first, then middle, then top of the lungs. Empty the breath in reverse order.
- Start by using Ujjayi breath occasionally – when you have settled into a pose, gradually increase your Ujjayi breath
- Return to normal breathing during final relaxation

*I am balanced inside and out.*



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