

## Pranayama #2

Begin by using one of the 3 types of breath awareness as discussed in the previous practice. (Seeing, hearing, and feeling the body breathe) Make sure you are in a good body position as discussed in the previous practice.

Once you have connected to your breath, we will begin counting. Start by simply counting breathes. Make sure to count on exhalation. For example: inhale.... Exhale...1. Inhale..... Exhale.....2. In hale..... Exhale..... 3. Continue. (Remember to keep a relaxed abdominal breath and breathing in and out through your nostrils.)

Continue with this practice for 5 to 10 minutes. This is a wonderful way to begin to relax. You can repeat this practice as often as you wish.