

Pranayama #3

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

After getting connected to your breath, we will continue with a counting practice. As you inhale count 1 to 5 and as you exhale count 1 to 5. Example: Inhaling 1, 2, 3, 4, 5. Exhaling 1, 2, 3, 4, 5. Repeat. Remember to use a relaxed abdominal breath. The breath is the focus of the practice; layer the counting on top of the breath. You should reach full inhalation by count 5 and full exhalation by count 5. Speed up or slow down the counting to match your relaxed abdominal breath. As you relax more, your breathing will slow down, and your counting must follow suit.

This practice at first may seem monotonous or even boring. Stick with it! You will notice that distractions will enter your mind (Shopping lists, TV commercials, noises around you). The oddest things will seem to come to mind. DON'T try to ignore them. If you do, they will continue to bother you like a mosquito. If you label them, simply, they will go away and you can bring your focus back to your breathing and counting.

This practice can be done for as long as you are comfortable, and over time that time will increase.