

## BREATHING EXERCISES - SUDARSHAN KRIYA

With gratitude to Sri Sri Ravi Shankar  
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Preparation Breathing Stage One and Two:

UJAI BREATH: mouth-closed, your breath sound is heard in throat.

### STAGE ONE

BREATH IN 2 3 4 HOLD BREATH 2 3 4 BREATH OUT 2 3 4 5 6 7 8

10 times in/out Belly

10 times in/out Chest

10 times in/out Head

Sitting upright, straight spine.

**1) Belly Solar Plexus Breath:** Place hands at top of belly, palms facing down, parallel to floor. Middle fingers pointing towards each other and touching. Focus on Belly breath.

After 10 in-out breaths (5 mins approx) rest hands on your thighs, palms upwards in spirit of receiving, breathing normally. Eyes closed, simply feeling gratitude for your breath, and space around you. (2 mins or so.)

**2) Chest Heart Breath:** Place thumbs in arm pits, palms down parallel to floor, fingers pointing inwards. Middle fingers touching. As you breathe in chest expands, middle finger tips separate. As you breathe out, finger tips come together again. Focus on Chest Breath (5 mins)...then same as above...resting hands on your thighs palms upwards, in spirit of receiving. Breathing naturally. Eyes closed, feeling gratitude for your breath your life etc...

**3) Third Eye Breath:** Raise arms up, place hands backwards, on top of shoulders, fingers and palms resting on (like blessing) shoulders, elbows up near your ears. Focus on Third Eye Breath...same as above (5 Mins). Finally, resting hands, palm upwards on thighs, breathing normally etc (as above) Feeling gratitude for your breath, life, and the space around you.

### STAGE TWO

BELLOWS BREATH 'BASTRIKA'

Lift arms up to shoulder height, hands are like two soft fists. When you BREATHE IN: Reach arms vertically UP, opening hands out like a flower.

BREATHE OUT Bring hands down to soft fists, shoulder height.

Three Rounds of 20 In/Out - Up/Down motions.

1) 20 Strong Breaths, Mouth closed:

BREATHE IN (Hands Up/Open)

BREATHE OUT (Hands down to shoulder, soft fists)

2) Repeat same again

3) Repeat same again

Rest between each group of 20 IN-OUT Breaths, again resting your palms upwards on your thighs, breathing normally, receiving breath with gratitude etc.

AT END of the WHOLE BREATH PRACTICE STAGE One and TWO, meditate or lie down, breathing normally. Feel rested in every part of your body. Scan your body from head to toe, experiencing gratitude for every part of you. Toes, heels, left foot, right foot, ankles, calves, knees etc up to crown of head.

Enjoy!

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