

# Yoga Breathing Practice

## Extended Exhalation #1



This breathing exercise promotes focus and relaxation by extending the length of the exhale

- 1 Sit in any comfortable position- on a chair, on the ground, or lying down.
- 2 Close your eyes and take a few breaths at your own pace.
- 3 Inhale and exhale through the nose. If this is not comfortable, breathe through the mouth.
- 4 Bring awareness to feeling the chest rise on the inhale and the belly relax on the exhale.

- 5 Continue to focus on the chest and belly for a few breaths. When ready, you will begin to mentally count the length of the exhale. Use the scale below as a guide to find the most comfortable, maximum exhale.

### 6 Repetitions

- Inhale slowly; exhale, count 1, 2
- Inhale slowly; exhale, count 1, 2, 3
- Inhale slowly; exhale, count 1, 2, 3, 4
- Inhale slowly; exhale, count 1, 2, 3, 4, 5
- Inhale slowly; exhale, count 1, 2, 3, 4, 5, 6

Complete each repetition 3 times until you find a comfortable count

When you find your comfortable count repeat another 4 times

- 7 Take 3 natural breaths without counting. Slowly open your eyes.

The goal of this practice is to control the exhale, which can vary from day to day. The breath should flow easily – never force an extended exhale. Practice a shorter ratio if it starts to feel difficult to inhale.

### Yoga terms to know!

- ✓ **Prana** is our life force/vital energy. Prana is manifested in the breath.
- ✓ **Pranayama** is the extension of our prana.
- ✓ **Rechaka** means exhalation. Rechaka pranayama is focused on lengthening the exhale.

Created by Robyn Long  
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Caution: Stop any breathing exercise if you feel lightheaded, dizzy, or any discomfort in the chest.

# Yoga Breathing Practice

## Extended Exhalation #2



This breathing exercise promotes focus and relaxation by doubling the length of the exhale from the inhale.

- 1 Sit in any comfortable position- on a chair, on the ground, or lying down.
- 2 Close your eyes and take a few breaths at your own pace.
- 3 Inhale and exhale through the nose. If this is not comfortable, breathe through the mouth.
- 4 Bring awareness to feeling the chest rise on the inhale and the belly relax on the exhale.

- 5 When ready, you will mentally count as you breathe in and out. The goal is achieve a 1:2 ration for the inhale/exhale.

### 6 Counts for inhaling (IN) and exhaling (EX)

Begin with Option 1. Complete each breath ratio 3 times, working towards a 1:2 (IN/EX) ratio. When you find a comfortable ratio, repeat 4 more times. Options 2 and 3 are more advanced ratios and should only be practiced after Option 1 feels comfortable.

one breath ratio

#### Option 1

IN	EX
2	2
2	3
2	4

#### Option 2

IN	EX
3	3
3	4
3	5
3	6

#### Option 3

IN	EX
4	4
4	5
4	6
4	7
4	8

- 7 Take 3 natural breaths without counting. Slowly open your eyes.

The breath should flow easily – never force an extended exhale. Practice a shorter ratio if it starts to feel difficult to inhale.

### Yoga terms to know!

- ✓ **Prana** is our life force/vital energy. Prana is manifested in the breath.
- ✓ **Pranayama** is the extension of our prana.
- ✓ **Rechaka** means exhalation. Rechaka pranayama is focused on lengthening the exhale.

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