## Yoga Breathing Practice Extended Exhalation #1



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

- Sit in any comfortable positionon a chair, on the ground, or lying down.
  - Close your eyes and take a few breaths at your
- 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.
- 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

own pace.

- 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 pranayma is focused on lengthening the exhale.

Created by Robyn Long www.robynlongyoga.com

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

## Yoga Breathing Practice Extended Exhalation #2

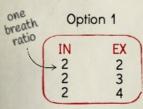


This breathing exercise promotes focus and relaxation by doubling the length of the exhale from the inhale.

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

Option 2



IN	EX
3	
3 3 3	3 4 5 6
3	5
( 3	6

00110110	
IN	EX
4	
4	4 5 6 7
	6
4	7
4	8

Option 3

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.

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Prana is manifested in the breath.

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**Rechaka** means exhalation. Rechaka pranayma is focused on lengthening the exhale.

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