

humantold

Mindfulness: Bellows Breath

This breathing technique is a calming and invigorating practice that uses forceful inhalation and exhalation to boost your internal energy.

If you imagine how a bellow stokes a fire by filling up with air and pushing it out to increase the flames. The benefits to this practice in yogic tradition is calming anxiety, processing emotions, and helping digestion.

- Remember if your thoughts begin to wander, bring yourself back to the present by following your breath and the sequence.
- If you begin to feel light headed or it begins to hurt, slow down or stop the practice.

Step 1: Abdominal or Belly Breathing

- Start by sitting up straight
- As you inhale, first focus on your abdomen (belly) to breathe
- Push your navel out and let the belly expand as you inhale
 - Many people put a hand on their belly to help them.
- Exhale and contract the abdomen.
- Do these 5 times to get comfortable.

Once you feel comfortable with this we will incorporate forceful inhalations of expanding the abdomen and forceful exhalations contracting the abdomen.

Step 2: Bellows Breath

- Through your nose, breathe in sharply for 1 second and then out sharply for 1 second for a total of 9 to 15 breaths.
- Sit in the space for around 20-30 seconds allowing for you to breathe naturally into your belly. Allow yourself to feel the sensations of your head and body. (End of one round)
- If you feel comfortable try to do this for 3 rounds.

Step 3 After the Rounds

- Relax your hands and breathe naturally.
- Allow yourself time to sit in this space. Sitting in the silence can be done for up to 5 minutes (experienced meditators will do this for longer or integrate a second practice afterward)
 - If some thoughts begin to surface during this let them occur and check in with how your body feels.
- When you are ready take two slow deep breaths and when you exhale on the second breathe open your eyes.