

Breath of Fire

How to do it

If you would like to try Breath of Fire, follow these steps:

1. Start in a seated cross-legged position. Sit up tall.
2. Place your hands on your knees, palms facing upward. You can also place a hand on your belly to feel it rise as you breathe.
3. Inhale through your nose, feeling your belly expand as you do so.
4. Without pausing, exhale forcefully through your nose while contracting your abdominal muscles. Keep your inhales and exhales equal in length. Repeat until you're comfortable with the pattern.
5. Continue the rhythm, inhaling passively and exhaling forcefully. Repeat several times to practice.
6. Now, speed up the inhales and exhales. Your exhales should be powerful and loud.
7. Repeat for 30 seconds.

Over time, you can try doing Breath of Fire for longer.

Safety tips

This breathing technique may be unsafe for some people. You should avoid it if you:

- are pregnant
- have a respiratory infection or disorder
- have a heart condition
- have a spinal disorder

It's common to feel dizzy or lightheaded while practicing Breath of Fire. But always listen to your body. If you feel uncomfortable, stop and try slow breathing instead.

If you're new to pranayama, practice Breath of Fire slowly. This will give your body time to get used to the exercise.

Bottom line

Breath of Fire is a breathing exercise used in Kundalini yoga. It involves passive inhales and active exhales that are quick and powerful.

As a form of breath control, this breathing technique is associated with stress relief. It may also improve respiratory health, concentration, and mindfulness. Some claim it's beneficial for digestion and abdominal strength, but more research is needed.

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