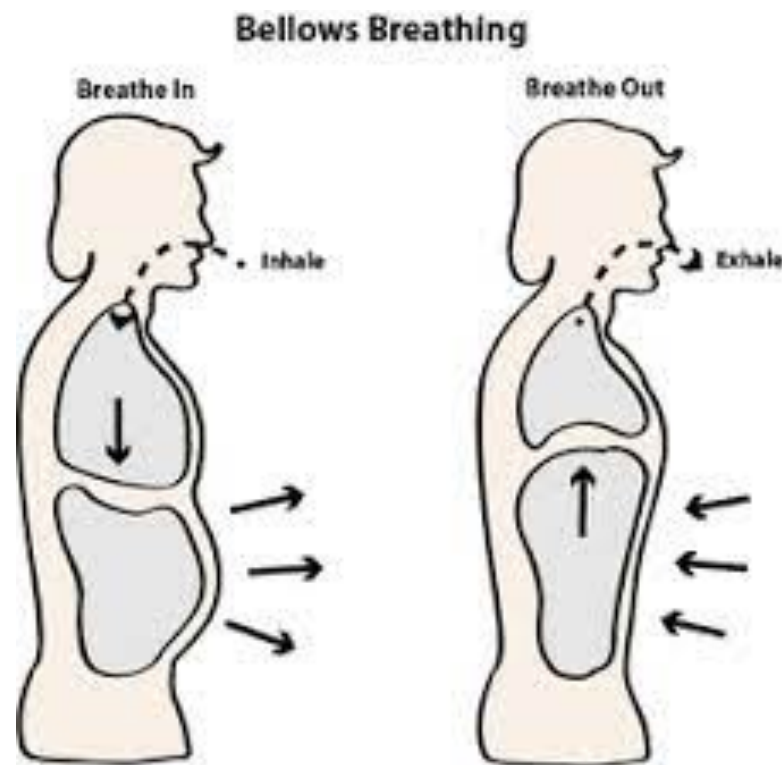


DO YOU/CAN YOU
DO THIS?
SHORT WELLNESS SELF-
CHECKS

Do You Want More Energy? Try Bellows Breathing Technique



Summary: Bhastrika, or "bellows breath," is a vigorous pranayama technique in yoga designed to increase energy levels. It can be practiced in the morning, during energy slumps, or before exercise. To perform Bhastrika, sit comfortably with good posture and follow these steps:

- Take deep breaths to prepare your lungs.
- Inhale forcefully through the nose, expanding the chest and abdomen.
- Exhale forcefully through the nose, contracting the chest and abdomen.
- Maintain a rapid and powerful rhythm with equal-duration inhales and exhales, gradually increasing the speed.
- Engage the abdomen by pulling it in during inhalation and pushing it out during exhalation.
- Practice Bhastrika for 1-5 rounds, taking slow, deep breaths between rounds.

However, it's crucial to note that Bhastrika isn't suitable for individuals with specific medical conditions like high blood pressure, heart disease, or epilepsy, and it should be avoided during pregnancy.

If You Want to Up Your Energy try Bellows Breathing Technique

Bhastrika, or bellows breath, is perfect first thing in the morning, during your afternoon slump, or to get you psyched for a workout. The essence of this technique is to engage your abdomen during both the inhale and exhale acting like it is a Bellow.

Preparation:

- Find a comfortable and quiet place to sit with your back straight. You can sit in a chair or on the floor with your legs crossed.

Basic Bhastrika Pranayama:

- Start by taking a few slow, deep breaths to relax and prepare your lungs.
- Inhale deeply through your nose while expanding your chest and abdomen. This should be a quick and forceful inhalation. Your chest and abdomen should rise.
- Exhale forcefully through your nose, expelling the air quickly. Your chest and abdomen should contract.
- Continue this forceful inhalation and exhalation rhythm, making it as rapid and powerful as you can comfortably manage. The inhales and exhales should be of equal duration.
- You can start with a moderate pace and gradually increase the speed. Typically, Bhastrika is performed in rounds, with each round lasting 15-30 seconds.
- Engage your stomach, pulling it in on an inhale and pushing it out on an exhale.
- Practice Bhastrika for about 1-5 rounds. After each round, take a few slow, deep breaths to recover.

Contraindications and Cautions:

- Bhastrika should not be practiced by individuals with high blood pressure, heart disease, epilepsy, or any other medical condition without first consulting a healthcare professional or experienced yoga instructor.
- Avoid practicing Bhastrika if you are pregnant.
- If you feel dizzy, lightheaded, or uncomfortable at any point during the practice, stop immediately and return to normal breathing.

Bhastrika, often referred to as "bellows breath," is a type of pranayama (breathing exercise) in yoga. It involves rapid and forceful inhalation and exhalation through the nostrils while using the diaphragm. The purpose of Bhastrika is to increase the flow of oxygen into the body, remove carbon dioxide and other toxins, and energize the practitioner. While Bhastrika is a traditional yoga practice, there is limited scientific research specifically on this breathing technique. However, there is some research on related topics, such as deep breathing, controlled breathing, and the effects of pranayama practices in general. Here are some findings from those studies:

In your lifetime, you'll take about half a billion breaths. Use them to your advantage.