

# 15 minutes Yogic Breathing for Employee Wellness

**Note:** Each exercise can be done for 1 minute to 10 minutes each depending upon your comfort level and time availability. Time duration given below are only suggestive. Practice 2-3 times everyday! Practice before each meal!

## ***Brahmari (Humming Bee Breathing) – 2 minutes***

Sit in a comfortable position. Or Yogic position as shown by the instructor. Close your eyes. Look into the middle of your forehead. Take a slow deep breath through the nostrils, filling the abdomen and chest areas with inhalation. Make a Humming sound as you exhale. Extend the humming all the way you could. Empty out all the air you could. Then start with a fresh inhalation. Repeat humming. You can do this longer up to 10 minutes. You can do this any time during any activity, not necessarily sitting or with closed eyes. Humming can be replaced with chanting *Om* in the same manner.

## ***Anuloma Viloma (Alternate Nostril Breathing) – 3 minutes***

Sit in a comfortable position. Or Yogic position as shown by the instructor. Close your eyes. Look into the middle of your forehead. Fold your index and middle fingers and extend all other fingers as shown by the instructor. Use your right or left hand as per your comfort/handedness. With your thumb close your Right nostril and breath in slowly and fully through your Left nostril. After complete inhalation, close the Left nostril with your Little and Ring fingers together and exhale through your Right nostril. At the end of complete exhalation, inhale through the Right nostril fully. After complete inhalation, close Right nostril, and breathe out through Left nostril. Inhale through Left nostril. Exhale through Right nostril. Continue this cycle.

## ***Thirumoolar Pranayamam (TMP, Thirumoolar Breathing) – 5 minutes***

**Counting Method:** During TP, the inhalation/holding/exhalation cycles each lasting in seconds will be counted as follows using the combination of chanting and counting with fingers. Repeatedly chant a mantra within your mind (for example “*I’m relaxed*”, *OmNamasivaya*”, “*I’m beautiful*” etc.) for two times (inhalation), eight times (holding) and four times (exhalation). a) Close Right Nostril inhale through Left Nostril for two chants, and then close both the nostrils so no inhaled air escapes. b) Hold breath in this position for eight chants mentally. c) Open Right Nostril and exhale for four chants. Complete exhalation is required. d) Go to step a) and repeat.

## ***Seetkari (Smiling Breathing) – 3 minutes***

Sit in a comfortable position. Or Yogic position as shown by the instructor. Close your eyes. Now bring your teeth together lightly and pull the lips back, just like you are smiling. Inhale slowly and deeply allowing the air to pass through your teeth. The air passing through the teeth should make a hissing sound. After complete deep inhalation, close your mouth and exhale slowly and completely through the nose. This completes 1 round. Repeat this for 3 minutes. You can do this any longer as long as you are comfortable.

## ***Ujjayi (Ocean Sound Breathing) – 2 minutes***

Make kind of a hissing sound or sound of the waves, arising from the throat. The instructor will explain how to produce this sound (similar to fogging a mirror with your breath). Inhale and exhale slowly listening to this sound; eyes are closed.

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