

The Complete Yogic Breath



The complete yogic breath is a powerful tool for centering the mind and calming the nervous system.

With its roots in Pranayama, the complete yogic breath is a type of breathing exercise which involves inhaling deeply through the nose, filling the lungs from the bottom up.

This breathing technique can be practiced anywhere, at any time. With regular practice, the complete yogic breath can help to reduce stress, improve sleep quality, and increase energy levels. It is said to promote relaxation and well-being.

Correct Posture For Practicing the Complete Yogic Breath



Sit in a comfortable position with your spine erect and your eyes closed:

This can be in any comfortable position such as cross-legged on the floor, in a chair with your feet flat on the ground, or even lying down on your back.

Place your left hand on your lower abdomen. This will help you to focus on the movement of the breath in the correct areas.

Place your right hand on your chest, just below your collarbone: This will help you to focus on the movement of the breath in the correct areas.

The Complete Yogic Breath in 3 Steps



slowly take a deep breath in,
fill your lungs with air



expand your abdomen



exhale and contract
your abdomen inwards

1. Inhale slowly and deeply through your nose: Breathing through the nose ensure the air is filtered and warmed before it enters the lungs

2. Expand your stomach first, then your chest. After expanding your abdomen, draw the breath all the way up into the upper chest. The inhale should be slow and steady and last for a count of four.

3. Exhale slowly and completely through your nose: Begin by contracting your stomach, then release the breath from your chest. Let the breath flow out slowly and evenly, emptying your lungs. The exhale should last for a count of four.

Cycling The Breath

Repeat this cycle for a total of four rounds: Inhale and exhale through the nose for a count of four each time.

With each inhale and exhale, focus on expanding and contracting the correct areas of the torso. After four rounds, take a few deep breaths through the nose and feel the energy flowing through your body.

The physiological effect of the yogic complete breath is to cleanse the energy channels within the body, known as nadis. This has the effect of balancing the mind as the breath is inhaled deeply through the nose and then exhaled slowly and completely through the nose.

The deep inhalation fills the lungs with fresh oxygen which helps to purify the blood and the organs of the body. This slow and complete exhalation helps to calm the mind and ease stress and anxiety.

This breathing technique is an essential component of pranayama, and can be used to cleanse the body which aids in calming the mind.

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