

## Practical 26



### Tranquilizing and Cooling Pranayama

These are soothing and relaxing breathing techniques.

#### Aim

To perform the practice of Bhramari and Sheetakari Pranayama.

After completion of this practical you will be able to perform and demonstrate the series of Tranquilizing and Cooling pranayama practice in appropriate manner.

#### Requirements

- Yoga mat – 1
- Cylindrical cushion (1-2 ft length and thickness 10-15 cm) – 1

#### Preparation of Yoga classroom

- The room should be clean and well ventilated.

#### Preparation of practitioner

- Wear comfortable loose, light cotton clothes (Not too tight).
- Remove accessories like spectacles, wrist watches, belt etc before practice.

#### 1. Bhramari Pranayama – Humming Bee Breathe

##### Method

- Sit in any comfortable asana with the spine erect. Plug the ears with the thumbs and keep elbows straight.

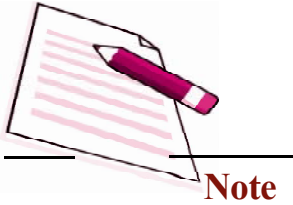


Fig. 26.1: Bhramari Pranayam



#### Note





- Breathing: Inhale fully from both the nostrils. Exhale completely with teeth apart and mouth closed. At the same time, produce a humming sound like that of a bee. Do ten times.

**Awareness:** It should be on the echo of the sound within the skull.

**Benefits:** This is the best practice for insomnia disorder and headache.

This is good for relieving tension. It develops concentration and memory.

## 2. Sheetkari Pranayama

### Method

- Sit in any comfortable meditative pose with the eyes closed and relax the whole body. Hold the teeth together; Separate the lips exposing the teeth. The tongue may be kept flat or folded against the soft palate.
- Breathe in slowly and deeply through the teeth. At the end of inhalation close the mouth, breathe out slowly through the nose in a controlled manner.
- This is one cycle. Practice ten to fifteen cycles. (It may be performed for about 40 to 60 cycles in hot weather. It should be done after asana or other heating yogic practices)

**Awareness:** It should be on the hissing sound.

**Benefits:** This practice cools the body and mind.



Fig. 26.2: Shetkari Pranayam





