

## **Breathing Techniques**

### **The Straw Breath**

Take a deep breath in through your nose. Hold the breath for a moment. Then breathe out slowly through the mouth, as if you were breathing out through a straw.

### **Ujjayi Breath - The Victorious Breath**

How it works: With your mouth open, try exhaling the sound “HAAAAH”—as if you’re trying to fog up a mirror. Get comfortable with this sound. Then close your mouth and attempt a similar sound, feeling the outflow of air through your nasal passages. Once you have mastered this on the outflow, use the same method for the in-flow breath, gently constricting the back of your throat as you inhale.

### **Counting My Breath**

Count the outflowing breath internally with a long "One" until you have exhaled completely. Do not manipulate the duration of the exhalation. The breath flows by itself. Then wait for the natural inhalation, and by the following exhalation you internally say: „two“. Repeat this until you have arrived at the number ten. When you have reached ten - without drifting off mentally, you just start from one again. If you get distracted while counting, you simply start from one again.

### **Box Breathing**

Slowly inhale with Ujjayi while counting to 4. Hold the breath and count to 4. Then exhale with Ujjayi and count to 4. And then again hold the breath and count to 4. Then start from the beginning: 4-4-4-4 (in the beginning, you might want to count 4-2-4-2, so that you do not have to hold the breath so long).