

Benefits of Breath of Fire (Agni Pran)

Benefits of Breath of Fire (*Agni Pran*):

- Releases toxins and deposits from the lungs, mucous linings, blood vessels, and other cells.
- Expands the lung capacity and increases vital strength.
- Strengthens the nervous system to resist stress.
- Repairs the balance between the sympathetic and parasympathetic nervous systems.
- Strengthens the navel chakra.
- Adjusts the aura so that the blood becomes energized.
- Reduces addictive impulses for drugs, smoking, and bad foods.
- Increases oxygen delivery to the brain, facilitating a focused, intelligent, and neutral state of mind.
- Boosts the immune system and may help prevent many diseases.

Focus on the nose, nostrils not the navel

Equal inhale, equal exhale

Rhythm, tune in to the rhythm of the flow

Over time it will expand your lung capacity

Body should remain calm, still and relaxed

Straight Spine-Navel point in relationship to the heart

Breath of Fire is one of the foundational breath techniques used in the practice of Kundalini Yoga. You use it in many postures, master this breath so that it is done accurately and becomes automatic.

Breath of Fire is rapid, rhythmic, and continuous.

It is equal on the inhale and the exhale, with no pause between them.

Always practiced through the nostrils with mouth closed.

(Approximately 2-3 cycles per second.)

Begin practicing Breath of Fire for 1-3 minutes.

Initial dizziness or giddiness - take a break.

Normal- Tingling, traveling sensations, and lightheadedness... as your body adjusts to the new breath and new stimulation of the nerves.

It could be a result of toxins and other chemicals released by the breath technique.

Concentrating at the brow point may help relieve these sensations.

Relieved by drinking lots of water and a light diet.

Breath of Fire is powered from the navel point

Restrictions for doing Breath of Fire:

While pregnant and menstruating, (Long Deep Breathing)

Dizzy....you should stop and substitute normal breathing.

Vertigo, caution in practicing this breathing exercise

Be aware:::

High blood pressure, heart disease stroke or epilepsy, acid or heat related gastric issues such as ulcers

Common mistakes

Paradoxical breathing.

to breathe backwards: they inhale by pulling the belly in, thus making the space for the breath less rather than more. People who are often anxious or smoke frequently tend to have this pattern.

Breath of Fire is *not* the deep bellows cleansing breath that pumps the stomach with complete exhales and inhales. Breath of Fire comes from higher up near the solar plexus.

[[[A loss of attention to the balanced ratio of the inhale and exhale. One way to get this right is to do it wrong first. Try to inhale much more than you exhale with each breath cycle at 1-2 times per second. Within 30 seconds you can sense the overstimulated jumpiness and imbalance of the breathing. Then switch to a much greater exhale than an inhale at the same pace. Almost immediately you will sense a loss of strength, lethargy, distraction, or depression. Now make the breath exactly equal on the inhale and exhale. Listen to the sound of the breath and create a steady rhythm.]]]

Sit straight and place the hands in Prayer Pose.

Close the eyelids 9/10ths.

Roll the eyes up and concentrate at the Brow Point.

Begin Breath of Fire for 1-3 minutes.

Inhale and hold without tension for 10 seconds. Relax, Stay still and place the hands on the knees in Gyan Elbows gently straight, fingers pointing towards the floor.

Watch the natural flow of the breath and the constant stream of internal and external sensations.

3 minutes.

Inhale deeply, exhale. Repeat this combination 3-5