

Natural Breathing

This is a simple technique that introduces practitioners to their own respiratory system and breathing patterns. It is very relaxing and may be practiced at any time. Awareness of the breathing process is itself sufficient to slow down the respiratory rate and establish a more relaxed rhythm.

Natural Breathing Technique

Sit in any comfortable meditation posture or lie on your back with palms facing up (shavasana) and relax the whole body.

Observe the natural and spontaneous breathing process.

Develop total awareness of the rhythmic flow of the breath. Feel the breath flowing in and out of the nose.

Do not control the breath in any way.

Notice that the breath is cool as it enters the nostrils and warm as it flows out.

Observe this with the attitude of the detached witness.

Feel the breath flowing in and out at the back of the mouth above the throat (pharynx).

Bring the awareness down to the region of the throat and feel the breath flowing in the trachea and the bronchial tubes.

Feel the breath flowing into the lungs and deep into the smaller airways (bronchiole) and air sacs (alveolus).

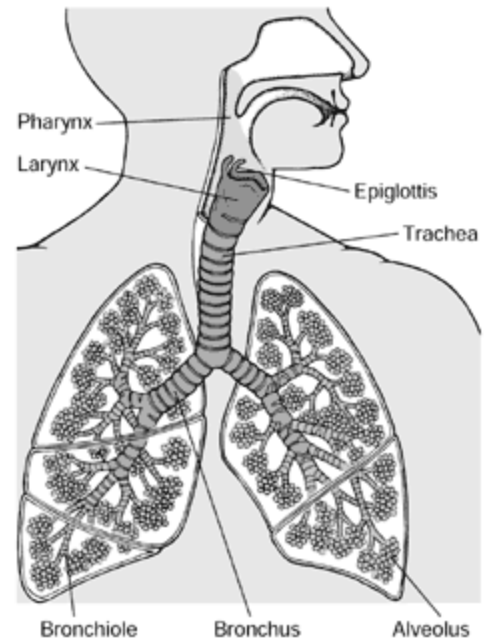
Be aware of the lungs expanding and relaxing.

Shift the attention to the rib cage and observe the expansion and relaxation of this area.

Bring the awareness down to the abdomen. Feel the abdomen move upward on inhalation and downward on exhalation.

Finally, become aware of the whole breathing process from nostrils to the abdomen and continue observing it for 3 to 5 minutes.

Bring the awareness back to observing the physical body as one unit and open your eyes.



References:

[Asana Pranayama Mudra Bandha](#) by Swami Satyananda Saraswati, Bihar Yoga Bharati