

THE
YOGA
BREATH
BANK



The Yoga Breath Bank is a resource for yoga teachers who want to incorporate more breath work into their classes. You may have a pranayama practice yourself and know these breathing techniques well, but it can be helpful to have information on the benefits of pranayama and the cues for each breathing technique on hand during class.

DID YOU KNOW?

When breathing slowly, breath is retained in the body, which builds CO₂ in the blood. This enhances the cardio-inhibitory response of the vagus nerve when you exhale and stimulates your parasympathetic system creating a calm and relaxed feeling in the mind and body. In other words, when you breathe deeply your body gets the message that all is well and makes you feel at ease.

Additionally, when you breath through the nose, nitrous oxide (NO) is swept into the lungs from the sinuses and enhances oxygen uptake in the blood

5 CUES FOR BREATH AWARENESS

01 Breathe in, fill all the way up, and hold the breath at the top. Exhale slowly through the nose.

Notice the qualities of the breath as it comes in and as it goes out.

03 Feel the body expand as you breathe in and contract as you breathe out.

Cultivate a rhythm to the breath that will be the metronome to your movements.

05 Breathe in this present moment, breathe out that which no longer serves you.

5 BREATHING TECHNIQUES

01

Box breathing

02

Stairstep breath

03

4-7-8 breath

04

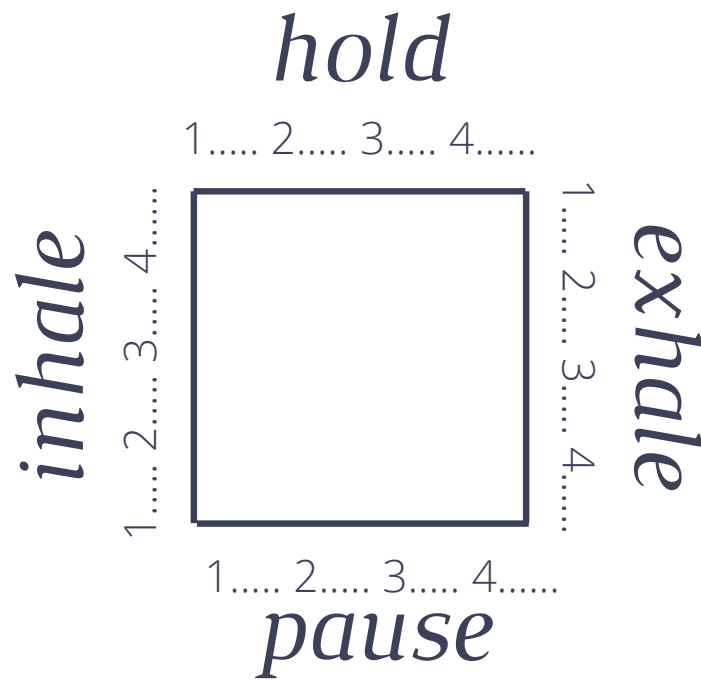
*Alternate nostril
breathing*

05

Bumble bee breath

BOX BREATHING

aka sama vritti ("equal breathing")

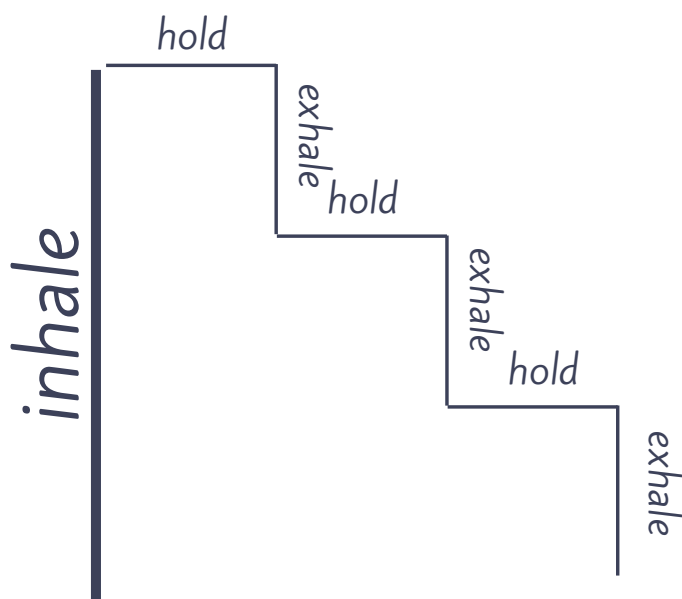


Benefits:

Box breathing generates deep, full breaths. which stimulate the parasympathetic nervous system creating a calm and relaxed feeling in the mind and body.

STAIR STEP BREATH

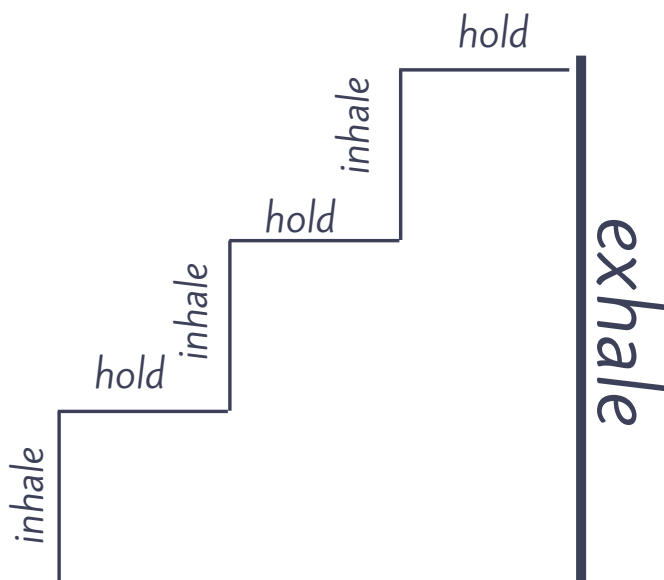
aka viloma pranayama ("against the flow")



Benefits:

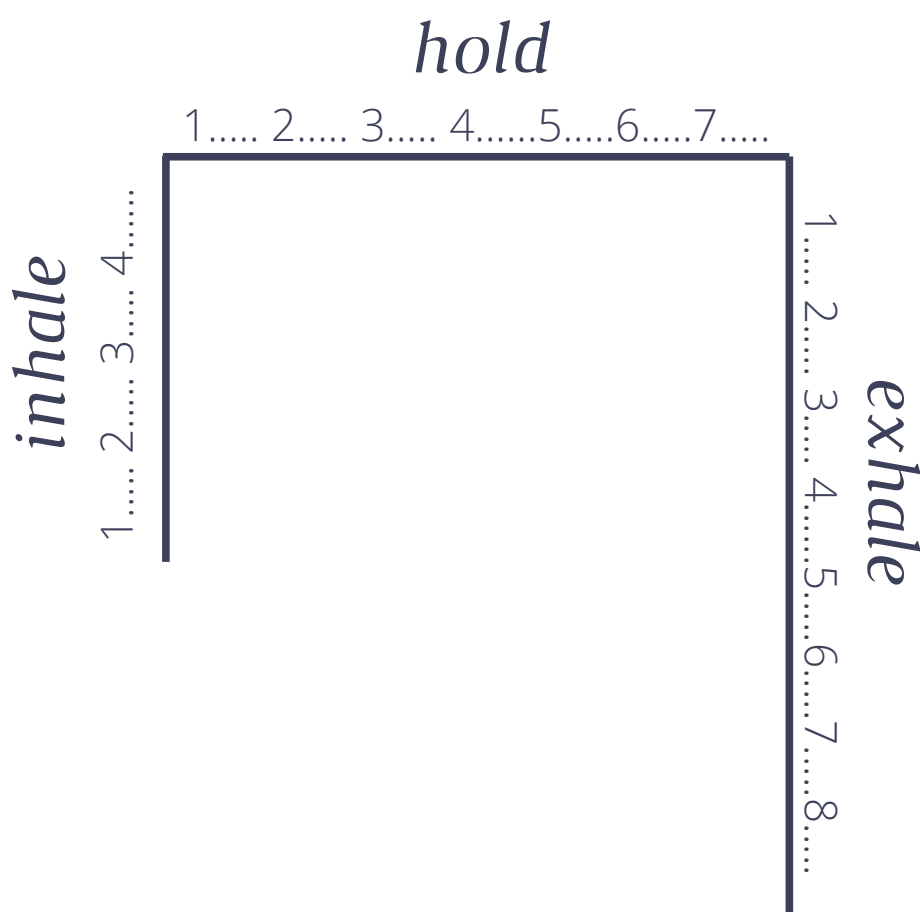
*Retaining
breath on the
exhale calms
and regulates
the autonomic
nervous system*

Or



*Retaining
breath on the
inhale can
make the body
and brain feel
energized*

4 - 7 - 8 BREATHING

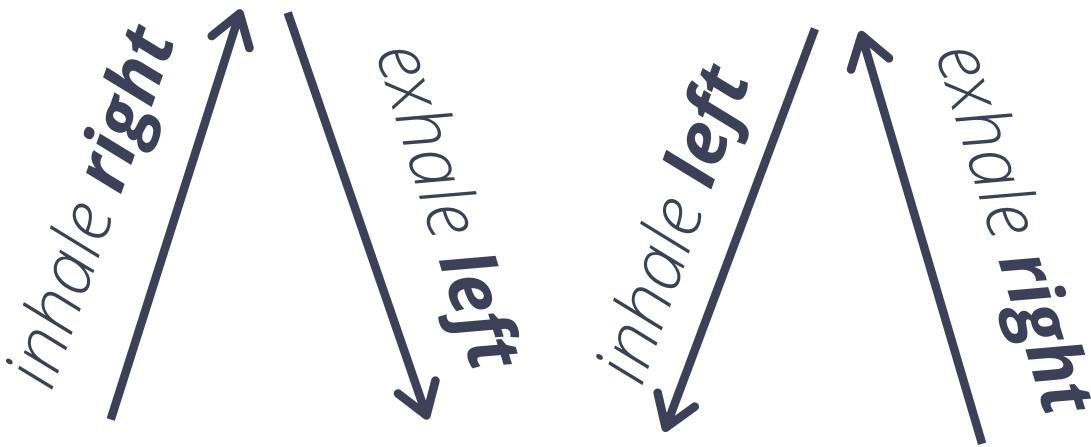


Benefits:

4-7-8 breathing generates deep, full breaths. which, like other deep breathing techniques creates a calm and relaxed feeling in the mind and body.

ALTERNATE NOSTRIL BREATHING

aka nadi shodhana



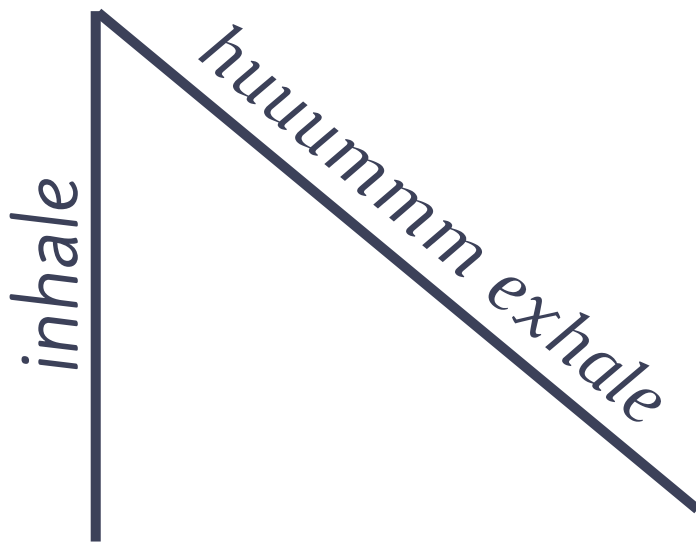
*Use your right thumb to close off
your right nostril and your right
ring finger to close off your left
nostril*

Benefits:

*Alternate nostril breathing restricts
the breath, forcing slow and deep
breathing, which stimulates the
parasympathetic nervous system.*

B U M B L E B E E B R E A T H

aka Bhramari ("wasp")



Benefits:

Humming produces up to 15 times more Nitric Oxide (NO) gas in the sinuses. NO gas from the nose and sinuses is inhaled with every breath and reaches the lungs in a more diluted form to enhance pulmonary oxygen uptake.