Breathing Practice – Pranayama

The foundation of our yoga practice is the breath. In yoga we learn to breath fully and deeply, coordinating breath and movement and experiencing how we can affect our mind through our breath. Breathing exercises, also called Pranayamas in Sanskrit, allow us to slow down our heart rate, lower our blood pressure, clear our minds and relax our muscles. Incorporating pranayamas in our day to day lives can have an immediate effect on reducing everyday stress. But . . . it takes practice!

In this pranayama diary keep a note over the next few weeks of your pranayama practice, this will help you to commit to the practice and learn what does and doesn't work for you. Keep your practice short and remember it is portable and this will help even the busiest person find time (30 seconds whilst taking a bathroom break counts!).

Date & Time	Pranayama Exercise	Thoughts & Observations

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