



.... Om, Om, Om

Ujjayi (Victorious) Breath

Ujjayi is the breathing technique used during yoga practices - asana (postural exercises) or pranayama (breathing exercises) which require that you breathe deeper than normal.

Technique

Ujjayi is practiced while breathing through the nose. The throat is narrowed to produce a slight hissing sound. This sound is caused by friction of the incoming or outgoing air at the base of the throat. Listen to the sound as you inhale and exhale and try to make it as even and smooth as you can, without any catches or wavering and without any change in pitch. The sound should be soft and gentle and only you should be able to hear its sound. Listening to the sound will give greater sensitivity and control over the nuances of your breath.

There are different techniques for mastering the technique – see links to youtube.

- Another technique that you can use to experience Ujjayi is to hold your hand up to your mouth and exhale as if trying to fog a mirror. Inhale the same way. Notice how you constrict the back of the throat to create the fog effect. Now close your mouth and do the same thing while breathing through the nose.

Purported benefits of Ujjayi

- tranquilizing and relaxing at physical and psychic level; soothes nervous system and calms the mind
- slows down the heart rate and is good for people with high blood pressure
- heating effect on body
- relieves insomnia, asthma and breathing problems
- alleviates fluid retention
- corrects disorders of the blood, bone, marrow, fat, semen, skin and flesh
- overcomes distractions and brings about a deeper sense of awareness and mindfulness. It stills the mind ready for meditation

These notes are for members without access to the internet. Others can find more information and videos on the internet.

So Hum Mantra <http://www.youtube.com/watch?v=2gEjvKdC33c>

The Ujjayi breathing is associated with the So Hum Mantra. ***That is I – I am That***

This is supposed to lead to a state of Bliss with the chant – Anandam Paramanatham – I am Joy and All is Joy – i.e. we are one in a state of Bliss.