



Dr. K's Guide to Mental Health

Practice | Bhastrika Pranayama | Notes

Bhastrika Pranayama or bellows breath is a good technique for energizing prana. Much like how bellows are used to increase the heat of a fire, Bhastrika Pranayama is used to boost our internal energy, increases Agni, and activates the Manipura Chakra for emotional digestion. This practice should be done after 2 weeks of daily Kapalbhata practice.

(Note: Caution with conditions such as high blood pressure or hernia, as we'll be moving the abdominal muscles in and out.)

Practice Instructions:

- Bellows breath involves both forceful expansion and forceful contraction of the abdominal muscles
- Breathe sharply in for 1 second and then sharply out for 1 second for a total of 9 breaths
- Sit in calmness and invigoration for about 30 seconds
- This completes one round of the practice

Do three rounds of 9 breaths of this practice.