

# BELLA YOGA

## Yoga Breathing

A proper full, deep breath begins from the base of the \_\_\_\_\_ near the \_\_\_\_\_.

Too shallow of breathing results in overbreathing, a mild form of hyperventilation. (T/F)

The three most commonly practiced methods of pranayama practice are:

- 1.
- 2.
- 3.

“Deep abdominal breathing can be done while \_\_\_\_\_; \_\_\_\_\_; and most easily, lying on the floor either \_\_\_\_\_ (face up) or \_\_\_\_\_ (face down).”

Please describe the three parts of a complete yoga breath:

- 1.
- 2.
- 3.

When providing instruction regarding the complete yoga breath, begin by focusing on the \_\_\_\_\_ if students have difficulty breathing rhythmically.

Along with the three commonly practiced methods of pranayama, “Breathing and Beyond” touches upon alternate nostril breathing, which is also known as \_\_\_\_\_.

Please describe the two distinctive characteristics of Ujjayi breathing:

- 1.
- 2.

**The following is a series questions designed to engage your value system as it relates to your breathing practices. There are no wrong answers.**

With examples from your own life, in what ways do you feel that your breath affects your sense of being?

What habits do you cultivate besides yoga in order to maintain proper breathing?

“When you’re truly relaxed, the breath is both calm and calming, and quite regular.” What sorts of images do you picture in order to achieve relaxation?

“Breath can be used as an analogy to life.”  
What does this mean to you personally? How does this statement apply to your life?

“Ujjayi itself literally means ‘victoriously uprising’ or ‘victory from expansion’.” How would you describe the “victory” in the breath?

What makes the breath “victorious” for you?