



# Introduction to Pranayama

( prah-nah-YAH-mah)

## Pranayama for Self-Care

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### Breathwork Exercises

Prana = life force, breath

Yama = control, restraint, regulation

Pranayama connects your mind, body, and breath, supplying your body with oxygen while removing toxins, providing healing physiological benefits.

## Healing Benefits

- Builds energy in the body
- Builds internal body heat
- Enhances cognitive performance
- Encourages free flow of prana
- Improves lung function
- Improves perception
- Increases oxygen in the blood
- Increases self-awareness
- Improves autonomic functions
- Increases willpower
- Reduces asthma symptoms
- Reduces feelings of anxiety
- Reduces oxidative stress
- Regulates blood pressure
- Relieves tension
- and more!



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## Ujjayi Pranayama

(ooh-JAH-yee prah-nah-YAH-mah)

### Victorious or Ocean Breath

Ujjayi = to conquer or be victorious

Prana = life force, breath

Yama = control, restraint, regulation

Ujjayi Pranayama is a soft, whispering breath. It's compared to the sound of the wind through the trees or the waves coming to shore.

### How to Practice

- Begin in a comfortable seat.
- Relax your body, jaw, and tongue. Soften your eyes.
- Seal your lips and start to breathe in and out through your nose.
- Take an inhalation through your nose that is slightly deeper than normal.
- Exhale slowly through your nose while constricting your throat muscles.
- Imagine your breath fogging up a window.
- Repeat deeper inhaleds and slightly constricted exhaleds through your throat.
- You will notice your breath making an "ocean" sound, like ocean waves.
- Concentrate on the sound of your breath; invite it to soothe your mind.



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## Sama Vritti Pranayama

(sa-ma ver-et-ti prah-nah-YAH-mah)

### Box Breathing

Sama Vritti = same or equal fluctuations

Prana = life force, breath

Yama = control, restraint, regulation

Sama Vritti Pranayama is an equal ratio breathing technique practiced by making sure that the inhale is the same length as the exhale.

## How to Practice

- Begin in a comfortable seat.
- Relax your body, jaw, and tongue. Soften your eyes.
- Breathe in through your nose, slowly counting to 4.
- Feel the air filling your lungs.
- Hold or pause your breath here and slowly count to 4 again.
- Slowly exhale to the count of 4.
- Hold the exhale for another 4 counts.
- Repeat these steps until you feel calm and centered.
- You can change the count to any number that works for you!



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## Nadi Shodhana Pranayama

(naa-dii shodhuh-nun prah-nah-YAH-mah)

### Alternate Nostril Breathing

Nadi = channel or flow

Shodhana = purification

Prana = life force, breath

Yama = control, restraint, regulation

Nadi Shodhana Pranayama creates a balanced and regulated flow of air through your nasal passages.

### How to Practice

- Begin in a comfortable seat.
- Relax your body, jaw, and tongue. Soften your eyes.
- With your right hand, bring your pointer finger and middle finger to rest between your eyebrows, and press your thumb to close your right nostril.
- Take a deep inhale through your left nostril, and exhale slowly through it.
- After exhaling, release your right nostril and put your ring finger on the left nostril.
- Breathe in deeply and slowly from the right side. Once you've inhaled completely, exhale through your right nostril.
- Release your ring finger and close your right nostril with your thumb again.
- Repeat these alternating steps until you feel balanced and calm.

Access the audio version and follow along at [www.rosegoldenergy.com/pranayama](http://www.rosegoldenergy.com/pranayama)