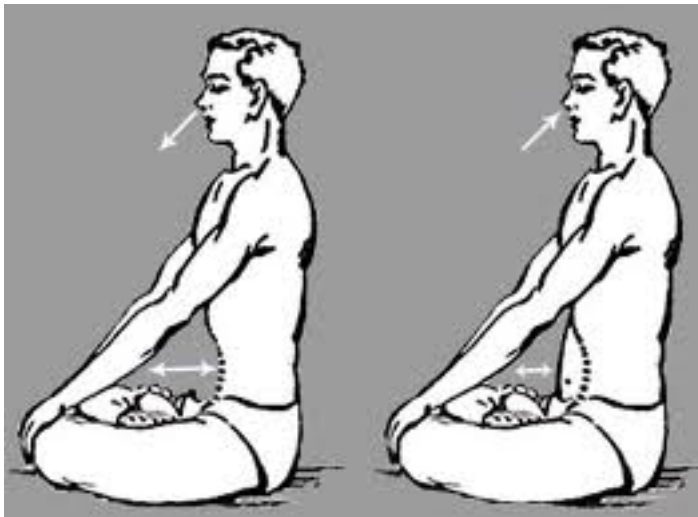


## Breath of Fire (kapalabhati)

Recommended for Kapha individuals, Vata in moderation, Pitta only in imbalance "Kapala" – skull, "bhati" – light, lustre.

Kapalabhati breathing is particularly indicated for opening up the sinus passages and clearing the mind. It is best for kapha individuals or people experiencing a kapha imbalance, i.e., congestion, swelling, dullness/fogginess in the mind. It is best in the am to awaken the body and mind.



To do Kapalabhati, it is best to learn with the guidance of a qualified yoga teacher. The basic instructions are to sit, with the spine straight, and the eyes closed. *Make sure you practice this on an empty stomach.*

Inhale, and then forcefully exhale from the lower abdomen with a audible "hmp" sound. Then allow the inhale to come back in passively, followed by another forceful exhale. In the beginning, you may do this practice slowly to make sure that the exhale is moving from the lower belly. As you practice, you will go faster and faster. Start with 1 minute, and work up to 2 minutes.