

the **BAD** series

basic academics for dance

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**GLASS  
HOUSE  
DANCE**

## **COOLING BREATH: Pranayama Assignment Part 3**

Pranayama- (Prana= life force), (yama= control/discipline), the linking of the mind and breath, to circulate the prana or energetic life force.

### **REFLECTION**

Make note of your mood and state of mind prior to completing the breathing exercise. Make note of your mood and state of mind after completing the breathing exercise. It's that simple.

### **Sitali/Sitakari**

**(Sitala=cool), (Sitakari= that which cause cold), cooling breath.**

### **GUIDED PRACTICE (What to do)**

Starting in a comfortable seated posture (Siddhasana), allowing for long and lengthened vertebra, the back of the wrists are to rest gently on the knees.

Receive an inhalation through a curled tongue (Sitali) or by protruding the tongue to rest gently on the lips (Sitakari). Withdrawing the tongue, apply Jalandhara Bandha (chin lock) and Mula Bandha (root lock); hold the breath for 5 seconds.

(The Chin Lock can be achieved by retracting the chin backwards about half an inch. The Mula Bandha lock can be achieved by lifting/engaging the pelvic floor muscles).

Exhale fully and completely through the nose. A full cycle takes approximately 5 to 10 minutes. End in Savasana.

**Benefits: cools the system, soothes the eyes and ears, low fever, and improves digestion and thirst.**

**Precautions: High blood pressure, heart troubles.**