

Caring for The Energy Covering - Pranamaya Kosha



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Sweep away negative and self-defeating thoughts with a conscious out-breath. Welcome happiness back into your heart and mind with a conscious in-breath. It only takes a moment. One transforming moment. - Yogacharya Ellen Grace O'Brian

Experiment: Thousands of years ago, yogis noticed that there was a relations between our energy state and how we breathed. If we are anxious or scared, we tend to hold our breath in. (Try it!) If we are angry and frustrated we tend to hold our breath forcefully out, and turn red. If we are tired, we breathe slowly with lots of sinking outbreaths. And if we are peaceful and happy, our breath is even and deep.

Yogis also noticed that we could change our energy by changing our breath! They tried various different breathing techniques and made observations on how they felt beforehand, what they did, how they felt afterwards, and when they thought this new way of breathing could be useful to them.

We too, can be yogi scientists! This week, watch our videos, and try the experiment with breath in your own life. Write down your notes here. Repeat the experiments several times, on different days. Do you get the same results? Have your family members try out these experiments too, and compare notes! Everyone is different. Find out which breathing techniques are most useful to you, and practice them daily.

Enjoy!

Breathing Technique	How do I feel before?	How many times did I do it?	How do I feel after?	When would it be useful to use this technique?
Elevator Breath				
Breathing with Breath Spring				
Lion's Breath				
Finger Hold Breath				
Cooling Breath - Teens				
Alternate Nostril Breath - Teens				