



Rising Sun Yoga

BREATH OF FIRE **By Mary Biggs**

The Breath of Fire is used consistently throughout Kundalini kriyas. The breath is rapid, continuous and powerful with no pause between the exhalation and the inhalation. This is a great breath to do whenever you need quick energy! Here's how it works:

As you exhale, the air is pushed out by pulling the navel and abdomen toward the spine. As you inhale and release the inward pull of the navel, the breath will automatically return to the lungs.

Tip- You may find it helpful to place your hand on your abdomen to feel the inward pull of the exhalation.

To begin:

- Sit in rock pose (on the heels)
- Close your eyes and focus at the 3rd eye point
- Pull your navel in towards your spine as you exhale
- Release the pull on your navel as you inhale (inhalation will happen automatically)

Some Benefits of Breath of Fire

- Cleanses the blood and releases toxins
- Expands lung capacity
- Strengthens all the nerves in the body (there are 72,000 nerves)
- Warms up the body quickly
- Activates the brain
- Energizes!

