

~10 minutes

Diving further into the connection of breath to meditation.

This is not particularly aimed at those who have a yoga practice. But if any of you listening have a yoga practice at one point, you would have heard the term Ujjay breath.

Now let's dive into what Ujjay breathing actually is.

All that we're talking about is creating a very slight agitation in the back of the throat to help us dive into the parasympathetic nervous system a little bit deeper. And where we're creating that agitation is on the vagus nerve. Now, the vagus nerve is very interesting, because from a parasympathetic nervous system perspective, the vagus nerve runs from the brainstem here, all the way down to the guts. And it is the singular highway of nervous connections in the parasympathetic nervous system.

By turning inward with this Ujjay breathing, we are turning into just the parasympathetic nervous system, and that's really what they want. It's like we are creating a feedback loop, which is quite interesting.

If you are new to this breathing then you are aiming for a gentle and quiet snoring or purring noise in the back of the throat.

So you're breathing with the lower sinuses, almost like you're sucking through the nose and vibrating the back of the throat.

So simply closing the eyes here and breathing with Ujjay breath and see how you can feel the difference in the pace and tension of your breathing and in the body?

Everything can just relax and let go here.

So I would invite you (the practitioner reading this now) to perhaps go through these simple instructions before any breathwork practice as it will help people gain that much more from their practice.