



# Yoga *for the* Breath

Relax, Focus & Energize in an easy 5 minutes

## PART 1

- 1 | RELAX: *dirgha pranayama - 3-part breathing* 5:52
- 2 | BALANCE: *antara kumbhaka - breath retention* 5:37
- 3 | FOCUS: *nadi sodhana - alternate nostril breathing* 5:47
- 4 | MUSIC FOR THE BREATH 1 10:10

## PART 2

- 1 | ENERGIZE: *uddiyana bandha - abdominal lock* 4:32
- 2 | MOTIVATE: *kappalabhati - breath of fire* 5:06
- 3 | EXPAND: *vocal exercises with breath* 5:23
- 4 | MUSIC FOR THE BREATH 2 10:03

Breathwork is the foundation of yoga practice because deep breathing helps us gain access to our central nervous system. We can essentially calm and energize the whole body just by re-training our breathing habits. This guided breathwork CD features six 5-minute exercises, plus an original musical score, so that you can take a quick, relaxing, and energizing break while at home, school, or the office.

Part 1 exercises help you relax, improve sleep, increase mental focus, prepare your body for meditation, and more. Part 2 exercises build on the techniques of Part 1 and are meant to energize you, activate your core, relax your digestive system, and open up your speaking voice. Beautifully recorded and instructed, *Yoga for the Breath* is suitable for everyone, from students and working professionals, to yogis and athletes.

This recording is not meant to diagnose or treat illness. Consult your medical professional with any health or breathing concerns. Do not operate heavy equipment or drive a vehicle while listening to this recording.

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© 2010 PRODUCER/INSTRUCTOR: Abbie Rose COMPOSER/MUSICIAN: Brian Wood SOUND ENGINEER: Adam Haggar DESIGN: Jennah Synnstedt



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