Pranayama How-To: 4 Gentle Breath Practices

Baskin Logic Fitness · Step-by-step, from yoga tradition · Free

Before you start

Sit tall on a chair or cushion, shoulders soft, jaw relaxed. Breathe through the nose. Start with 1–2 minutes and build up slowly. If you feel dizzy, light-headed or short of breath, stop and breathe normally.

1. Dirga (three-part breath)

2–3 min · beginner

1. One hand on belly, one on chest.
2. Inhale: fill belly, then ribs, then upper chest.
3. Exhale slowly: chest, ribs, belly.
4. Keep it smooth, never forced.

2. Sama vritti (equal breath)

2–4 min · any time

1. Inhale for 4 counts.
2. Exhale for 4 counts.
3. When easy, try 5 and 5.
4. No breath holds needed.

3. Nadi shodhana (alternate nostril)

3–5 min · seated

1. Right thumb closes right nostril; inhale left.
2. Ring finger closes left; release thumb, exhale right.
3. Inhale right; switch; exhale left. That is one round.
4. Do 5–9 rounds, gently.

4. Bhramari (humming bee)

1–2 min · evening

1. Inhale through the nose.
2. Exhale with a soft, steady "mmm" hum.
3. Optional: fingers lightly over the ears.
4. 5–7 rounds; notice the vibration.

A simple 7-day plan

Day	Practice
1–2	Dirga 2 min
3–4	Dirga 1 min + Sama vritti 2 min
5–6	Sama vritti 2 min + Nadi shodhana 3 rounds
7	Your favourite 3 min + Bhramari 1 min

Skip or ask first

We leave out fast or forceful practices (kapalabhati, bhastrika) and long breath holds in this beginner guide. Ask a qualified professional first if you are pregnant or have a heart, lung, blood-pressure, eye or ear condition.

Find your 5-minute practice with the free quiz: **baskinlogicfitness.com/quiz/**

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