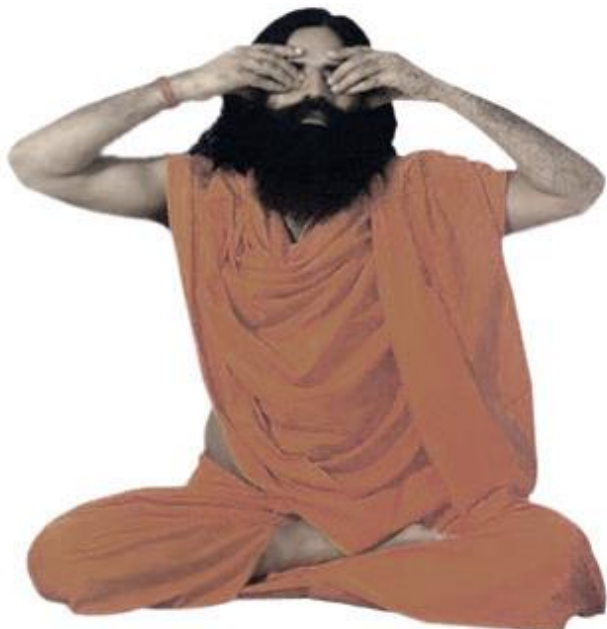


Bhramari Pranayama

Reference - <http://www.artofliving.org/yoga/breathing-techniques/bhramari-pranayama>



How to do

1. Sit up straight in a quiet, well ventilated corner with your eyes closed. Keep a gentle smile on your face.
2. Place your index fingers on your ears. There is a cartilage between your cheek and ear. Place your index fingers on the cartilage.
3. Take a deep breath in and as you breathe out, gently press the cartilage. You can keep the cartilage pressed or press it in and out with your fingers, while making a loud humming sound like a bee.
4. You can also make a low-pitched sound but it is a good idea to make a high-pitched one for better results.

Conditions

1. Ensure that you are not putting your finger inside the ear but on the cartilage.
2. Don't press the cartilage too hard. Gently press and release with the finger.
3. While making the humming sound, keep your mouth closed.
4. You can also keep your fingers in Shanmukhi mudra (hand position) while doing this pranayama. To sit in Shanmukhi mudra, gently place your thumbs on the ear cartilage, index fingers on the forehead just above the eyebrows, middle fingers on eyes, ring fingers on nostrils and the little fingers on corners of your lips.

Advantages

1. Instant way to relieve tension, anger and anxiety. It is a very effective breathing technique for people suffering from hypertension as it calms down the agitated mind.
2. Gives relief if you're feeling hot or have a slight headache
3. Helps mitigate migraines
4. Improves concentration and memory
5. Builds confidence
6. Helps in reducing blood pressure