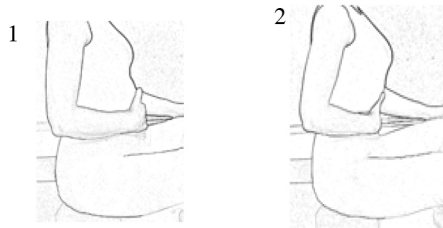


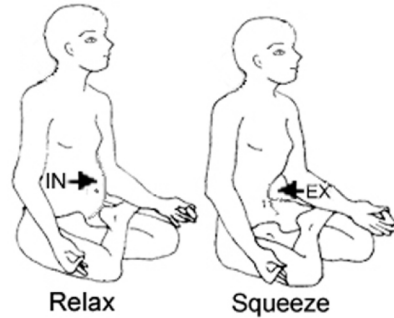
## KAPALABHATI KRIYA - 'SHINING SKULL' CLEANSING BREATH

Abdominal pumping breathing

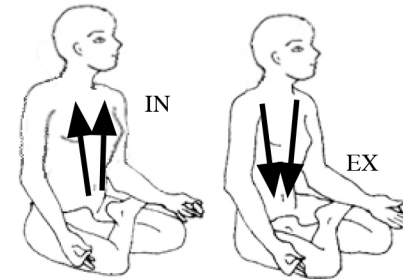
Sit in a comfortable, stable position with the spine erect and the pelvis slightly tilted forward. Can be on a chair with feet firmly planted under the knees, or on the floor in cross-legs or kneeling with blocks or cushions to elevate the pelvis.



1. Inhale into abdomen feeling it move out. Relax, allowing inhalation breath to flow in passively.  
2. Exhale slowly, squeezing navel in.



30-100 pumping exhalations, squeeze - relax (>1/sec). The **exhalation** is active and makes a sound and the **inhalation** is passive and silent. Finish on an exhalation



Take a full deep inhalation, filling the whole of the lungs up to collar bones, exhale completely, from the top downwards squeezing out as much air as possible.

Inhale comfortably, about 3/4 full and hold **only** for as long as comfortable. Check that your spine is erect and your chest open. Be sure to relax your face, shoulders, arms, hips and legs.

An advanced practice is to apply mula and jalandhara bandhas (locks) = lifting the pelvic floor and closing the throat

Take a few normal breaths between cycles +/- stretch out legs and change position.

Repeat 2-3 cycles

### PRACTICE NOTES

- Keep throat relaxed so the sound of the exhalation is from the nostrils
- Start with a slow pumping finding a rhythm in which you can get the action of relaxing between breaths to allow the passive inhalation.
- Do 20-30 breaths at first and gradually build up to 50-100 over a period of several weeks
- The retention rebalances O<sub>2</sub> & CO<sub>2</sub> levels in the blood and will counteract light headedness

### BENEFITS

- Clears the *nadis* (energy channels/meridians)
- Cleanses the respiratory passages
- Helps prevent respiratory infections
- Warming and energising
- Tones the deep abdominal and pelvic floor muscles
- Improves core stability
- Massages the internal organs
- Shifts lethargy and negative moods

**NB** Not recommended during menstruation or pregnancy, immediately after abdominal surgery, or in cases of any kind of abdominal inflammation