

Sheetali Pranayama

Method:

Sit in padmasana Sukhasana etc Keep your hands on knees in 'Gyan Mudra' protrude the tongue out and fold it like a tube. Draw in the air through the mouth. Draw it slowly and deeply fill the lungs completely till you feel the pressure of diaphragm upto naval area. Hold the breath as long as you can without any discomfort. Then exhale slowly through both the nostrils.

Duration:

5 to 20 minutes

Sheetkari Pranayama

Method:

- * Position as per Sheetali Pranayama
- * Stretching the lips, bring the two rows of the teeth in contact with each other
- * Fold the tongue so that the top of the tongue
- * Draw deep breath from the sides of the mouth, lips and exhale slowly through the nostril.
- * Duration and benefits as per Shetali Pranayama

