

Body essential food: AIR

When someone asks you, “What is the most essential food of a Yogi?” The first things that strike the mind are Organic or Vegetarian Foods; one will never imagine Air supply.

Sometimes in yoga practice, we forget the importance of Yoga breathing exercises. We are so determined to master the art of poses; postures that we tend to skip practicing breathing with our daily or weekly rituals. Breathing exercises is the core foundation and life of Yoga. We can often take breathing for granted. Shallow breathing is done so naturally by most individuals, this can cause more harm than good in the long run.

In Yoga, we learn to appreciate deep breathing and the cleansing purifying effects of all exercises. This is apart of "Yoga Therapy" which is combined with Poses, to maintain good health and eliminate common addictions. A moment of focus on **breath** helps in reducing high stress, anxiety, depression, or sadness.

Why We Don't Breathe Properly These Days:

Today's shallow breathing style is called “**computer breathing**”. We are hunched over at our desks and our posture does not allow for proper air flow. We are always on the go and full of stress, we never take the time to relax and just breathe. Stress, constant busyness and lack of exercises can lead to shallow breathing.

How to Breathe:

Breath is the fastest medium by which all systems can communicate, flicking the switch from high alert to low in a matter of seconds.

The rules are simple:

- ❖ Lengthen **exhalation** to relax
- ❖ Lengthen **inhalation** to stimulate yourself
- ❖ Breathe through nose as much as possible.

So when we wish to relax, inhale fully (but stay relaxed) and then, without pausing, exhale slowly. Then repeat this as many times, as required

If you're breathing wrong you really should try and change your habits because you're not getting every breath's full potential. Make sure you breath through your nose as much as you can as well.