

PRANAYAMA

Bhrāmarī Prāṇāyāma



Śītalī Prāṇāyāma



Naḍīśodhana



Ujjayī Prāṇāyāma

Pranayama reduces stress, improves respiratory health, enhances mental clarity, boosts energy, promotes emotional balance, supports the immune system, aids in detoxification, and fosters spiritual growth. It also improves sleep and digestive health. A regular practice of pranayama can lead to a harmonious and fulfilling life. It is important to practice under proper guidance of a qualified instructor and seek consultation from a Yoga professional when necessary.

