

# Bhramari Pranayama

## Bee's Breath

**Definition and Benefits:** *Bhramari* means bee. The “Bee’s Breath” soothes the nerves and calms the mind. During this practice the breath makes a steady, low pitched ‘hmmm’ sound at the back of the throat on the exhale (like the humming of a bee).

Helps calm down the mind and allows one to feel centered. Expands state of consciousness. It helps with throat ailments, relieves stress, anger, reduces blood pressure, soothes the nerves and induces good sleep. Can help in the healing of bodily tissues. Stimulates the pineal and pituitary glands.

**Instructions:** *This practice is best done on an empty stomach.*

1. Sit in a comfortable position with an erect spine.
2. Close the lips gently while keeping the teeth from touching.
3. Bring the tip of the tongue to the space behind the upper front teeth.
4. Place hands on the face in Sanmukhi Mudra: fingertips along the inner border of eye and the sides of the nose. Close the ears with the. Place the index fingers above each eyebrow.
5. Keep the spine long and take a deep inhalation through both nostrils. Allow the chin to drop toward the heart.
6. Exhale slowly while making a steady, low-pitch “hmmm” sound at the back of the throat (like a humming bee).
7. Continue until set is finished.
8. Then, release the fingers, lift the head, return to normal breathing and observe any changes that have occurred. Let the vibrations fill your entire head and extend to the body, becoming one with the sound.

**Progression:** Begin with 7 repetitions and progress weekly by one to no more than 17 rounds.

**Indications:** insomnia, stress, throat ailments, nervousness, anxiety, thyroid conditions, hormonal imbalances, healing after physical injury.

**Caution & Contraindication:** not done while lying down, very high or low blood pressure, cardiovascular disorders avoid any breath retentions. Never during pregnancy or menses. Chest pain, extremely high blood pressure, and recent history of epilepsy or ear infection.

**Signs and Symptoms of Improper Bhramari:** Lightheadedness, dizziness.