

# Sheetali Pranayama

## Cooling Breath

**Definition and Benefits:** The word *Sheetal* means “that which is calm, passionless and soothing.” Practiced to cool the body and mind. Recommended for those with pitta constitution or pitta elevation, inflammation, excess heat. Stimulates muscle relaxation, mental tranquility, can help cool the mind for sleep. Cools down emotions of anger, impatience, irritability. Reduces blood pressure and acid stomach.

**Instructions:** *This practice is best done on an empty stomach.* Begin in seated position of choice to align the spine and breath with intention.

### Sheetali:

1. Stick the tongue out as much as you can and roll the edges toward each other making a tube shape with your tongue.
2. Take a deep inhale through the tongue.
3. On the exhale, close the mouth with tongue inside. Gently press the cool tongue to the roof of the mouth.
4. Exhale slowly through the nose.

### Progression:

Begin with 7 breath cycles progressing one per week to no more than 17.

**Indications:** Excess heat in the body, overexposure to sun, mental irritability, anger, etc.

**Caution & Contraindication:** Low blood pressure, respiratory disorders, chronic constipation, excess mucous, winter season, cold temperatures. Menses or pregnancy.

**Signs and Symptoms of Improper Sheetali Pranayama:** Experience of increased heat in the body, mind or emotions, constipation.