

Kapalabhati:

Benefits:

- Cleanses the respiratory system and helps to remove excess mucus
- Oxygenates the blood and renews body tissues
- Invigorates digestive organs
- Keeps the mind refreshed and alert

Contraindicated for the following conditions:

- high blood pressure
- coronary heart disease
- glaucoma or fluid in the ears
- not immediately after eating (wait 2-3 hours)
- avoid vigorous practice during pregnancy or menstruation

Points of Practice:

- Exhale with a quick abdominal contraction, inhale by relaxing the abdomen.

The exhalation is active, the inhalation is passive.

- Begin with 7-11 repetitions
- Practice 1-3 rounds, preferably early morning and late afternoon or early evening
- With daily practice, every week you can add 5 more repetitions per round
- Don't practice faster than 2 breaths per second or the cleansing effect will be reduced