



Pranayama

You can try out for yourself which pranayama techniques are particularly effective for you.

Variations, of course, depend on the dosha.

This is one example.

The full yoga breath

- best of all while sitting
- one hand on the side of the stomach, one on the costal arch
 - Inhale into the abdomen, the lower hand is raised
- continue to inhale into the chest and higher into the tips of the lungs, the upper hand rises
 - exhale, lower your chest, then your stomach
 - continue like this for a few laps

Meditation

In meditation, you focus your attention on an object.

It can be your breath, a candle, a sentence or a mantra.

Start with 5 minutes at the beginning.

Then slowly increase to 30 minutes.

Focus on your breath Slow your breathing to a minimum.

Direct your attention to your object.

End your meditation with a sense of gratitude or a short prayer.