



Food&Flow

Eight Stroke Breath for Energy & Stress Release as taught by Yogi Bhajan

Posture:

Sit cross-legged or on a chair, with a straight spine.

Eyes:

Closed, with the focus on your breath.

Breath:

Inhale through the nose for eight equal strokes or "sniffs." Exhale for one equally powerful breath through the nose.

Time:

11 minutes

End:

Inhale, hold for 5-10 seconds and exhale. Inhale deeply, hold for 15-20 seconds and roll your shoulders. Exhale powerfully. Inhale deeply hold for 15-20 seconds, roll the shoulders as fast as you can. Exhale and relax.

Comments:

Counting your breath will force you to relate to your breath. Doing this meditation for 11 minutes a day can be enough to drastically reduce, or even remove, stress from your daily life. Do you have 11 minutes to spare to get rid of stress in your life?

Yogamint's Food & Flow video series can be seen at:
<http://www.yogamint.com/videos/foodandflow>

Meditation found in the yoga manual
"Prana, Pranee, Pranayam"
available at www.kundaliniresearchinstitute.org