

*"Breathe in experience, Breathe out poetry"*

Muriel Rukeyser

## **Brahmari Breath: Humming Bee Breath**

This calming pranayama is stimulating the vagus nerve, calms the mind and can relieve anxiety.

It is good to do before sleep.

### **How to practice:**

- Finding your comfortable seat
- Use Shammukhi mudra: thumbs in the ears, index fingers on each eyelid, middle fingers to side of nostrils, ring fingers above upper lip, pinkies below lower lip.
- Eyes are closed
- Inhale slowly and deeply through the nose.
- On the exhalation, make a low-pitched 'hmmm' sound like you are humming or buzzing like a bee with your mouth closed.
- Feel the vibration of the buzzing.
- Do 3 rounds of 10 Bees Breath.

### **Contra-Indications:**

- Ear or Eye infection
- Chest pain
- Epilepsy