GIG CYMRU NHS WALES

Addysg a Gwella Iechyd Cymru (AaGIC)

Health Education and Improvement Wales (HEIW)

Sukha Purvaka Pranayama

Professional Support Unit

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Professional Support Unit (PSU)

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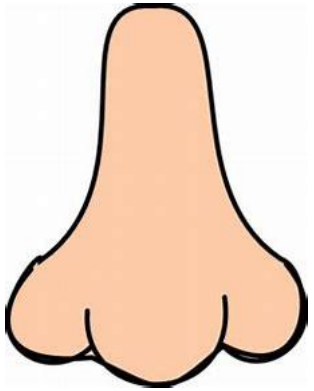
https://psu.walesdeanery.org/

Why do I need to know about this?



- Slowing the breath, slows the heart rate
- Controlling the breath reduces mind fog
- Dr Alan Watkins – Coherence: The Secret Science of Brilliant Leadership
- Dr Ananda Balayogi – Deeper Understanding of Sukha Purvaka Pranayama with Dr Ananda

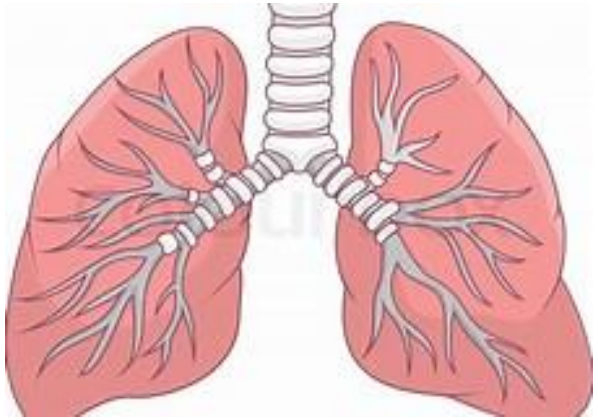
How Do I Breathe?



- Always breathe **in** through the **nose**
- Always breathe **out** through the **nose**
- Lengthen the breath to a **six second in and a six second out** breath

How Do I Practice?

- 4 part breath, each part is equal
- 4 Square Breathing or Combat Breathing
- Practice each part 4 times
  - Breathe in and breathe out x4
  - Breathe in, hold in, breathe out x4
  - Breathe in, breathe out, hold out x4
  - Breathe in, hold in, breathe out, hold out x4



Resources

https://psu.walesdeanery.org/

- Ted Talk: Dr Alan Watkins: 'Being brilliant every single day'
  - https://www.youtube.com/watch?v=q06YIWCR2Js
  - https://www.youtube.com/watch?v=Q_fFattg8N0
- Dr Ananda Balayogi - Deeper Understanding of Sukha Purvaka Pranayama with Dr Ananda; https://www.youtube.com/watch?v=-IiN147SZm8 & http://icyer.com/documents/Sukha%20purvakapranayama-article.pdf

To contact us

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