

# Sanford PT & Bodywork, LLC

*Dynamic Healing!*

## LEARN HOW TO BREATHE...

Breathing is the key to yoga.

It's what brings the asanas to life and gives yoga its flow. The idea is to keep your awareness on your breath continuously as you move in and out of each posture. And depending on whether you want to relax, balance, or energize, you can vary your breathing pattern to get the desired effect.

### See how different kinds of breathing can enhance your yoga practice.

Lengthening and then holding your exhalation after all the air is expelled relaxes you, while lengthening and holding in your inhalation increases your energy. Be careful though — if you're feeling stressed you're better off using a balanced breath pattern, as holding your inhalation can make you more tense.

The breath ratios at the top of this chart are very relaxing, while those at the bottom are energizing. If you pay careful attention and adjust your breathing accordingly, you can both relax and energize yourself at the same time.

## BREATH RATIO CHART

In the first example, inhale for 4 counts, hold for 1, exhale for 8 counts, and hold for 4. Your counts may be faster or slower depending upon your lung capacity.

Inhalation	Hold	Exhalation	Hold	Effect:
4	1	8	4	Relaxing
4	1	12	1	Relaxing
6	1	10	1	Relaxing
6	1	8	4	Relaxing
8	1	8	1	Balanced
6	2	6	2	Balanced
6	4	6	1	Energizing
6	6	6	1	Energizing

**TRY IT THE NEXT TIME YOU'RE DOING YOGA, AND SEE HOW YOU FEEL!**

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