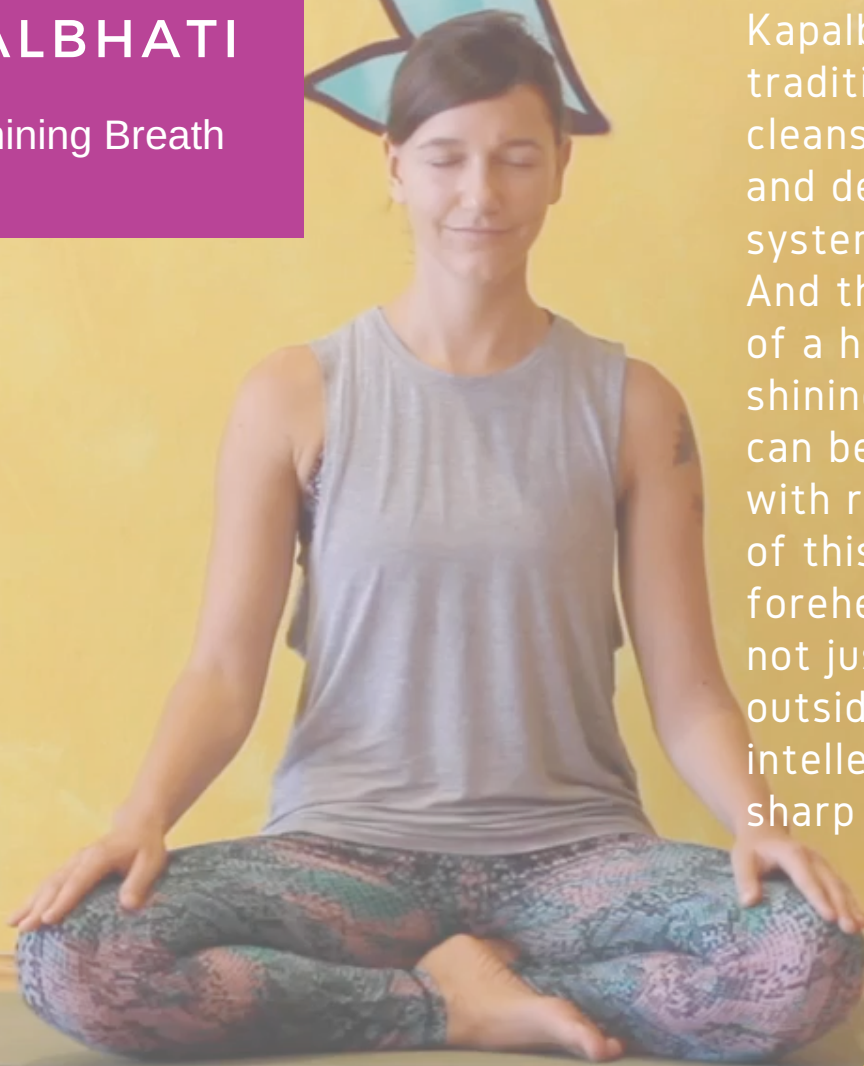


# KAPALBHATI

Skull Shining Breath



Kapalbhati is a traditional internal cleansing technique and detoxifies all the systems in our body. And the obvious sign of a healthy body is a shining forehead which can be obtained with regular practice of this pranayama. A forehead that glows not just from the outside but also an intellect that becomes sharp and refined.

## HOW TO PRACTICE

- Come to a comfortable seated position, spine long.
- Place your hands on your knees, palms up or down.
- Take a deep breath in.
- As you exhale, pull your stomach.
- Pull your navel in back towards the spine.
- Do as much as you comfortably can. You may keep your right hand on the stomach to feel the abdominal muscles contract. Pull the navel in.
- As you relax the navel and abdomen, the breath flows into your lungs automatically.
- Take 20 such breaths to complete one round of Kapal Bhati pranayama.
- After completing the round, relax with your eyes closed and observe the sensations in your body.
- Do two more rounds of Skull Shining breathing technique (Kapal Bhati pranayama).

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