



**Santhika
Retreat
Center**

Sitali Pranayam

www.santhikaretreatcenter.com

Sit in an Easy Pose, with a light jalandhar bandh. Roll the tongue into a “U,” with the tip just outside of the lips.

Breath: Inhale deeply through the rolled tongue, exhale through the nose.

Time: Continue 3 minutes. Alternatively, you can practice this 26 times in the morning and 26 times in the evening. 108 repetitions is a deep meditation and a powerful healer for the body and digestive system.

Comments:

This pranayam gives power, strength, and vitality. It can have a cooling, cleansing effect. Initially, the tongue tastes bitter, and will eventually become sweet.

