



## Kundalini Yoga Pranayama exercises to make the pores breathe



Sit in easy pose. Place the palms together over head with arms straight hugging the ears.  
Begin breath of fire and continue for 2 minutes.  
Inhale – hold for 20 seconds, exhale.  
Repeat breath of fire for 2 minutes.  
Inhale – hold 30 seconds, exhale.  
Repeat one more time.  
Relax for 2 minutes.



Sit on the heels in vajrasana (rock pose). Cross the hands behind the head and hold onto the shoulders with opposite hands.  
Begin breath of fire and continue for 2 minutes.  
Inhale – hold. Exhale – relax.  
Repeat breath of fire 1 minute, then relax 3 minutes.



Yoga mudra: Sit on the heels. Place the hands in venus lock behind the back. Lean forward and gradually bring the forehead to the ground. Raise the arms straight up to 90°, maintaining the position to maximum ability.  
Hold for at least 3 minutes.



Relax completely on the back for 10 minutes.

The skin breathes. It is just as important to keep its channels clean as it is for the nose or lungs. This series removes obstructions to the flow of prana through the “third lung.”