



Santhika  
Retreat  
Center

## Lion's Breath Simhasana Pranayama

[www.santhikaretreatcenter.com](http://www.santhikaretreatcenter.com)

*"Humor and empowerment are antidotes to isolation and dishonesty. Lion's Breath cultivates both in abundance."*

Sit on your heels with your hands on your thighs. Open your knees wide for traditional Lion's Pose (Simhasana) or sit with knees together in Hero's Pose (Virasana).

Deeply inhale through your nose while lifting your hands into the air. Exhale and claw the air downward with your hands, extend your tongue, open your eyes wide, and create an audible sound in your throat. Let it stem straight from your Throat Chakra.

Repeat this three to four times. If you have a tendency to get a dry throat, decrease the volume and intensity of your "roar."

