



Santhika  
Retreat  
Center

## Kappalabhati breath

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

*"Set your life on fire, seek those who fan your flames." -  
Rumi*

### **Pranayama Kappalabhati breath.**

The 'shining skull' breath is a powerful way to boost the digestive fire, as well as helping stimulate the mind and body. This is an energising breath that can be used to help awaken and enliven the senses in the morning, removing sluggishness and firing the body up for the day.

To practice, forcefully exhale through the nose as you feel your stomach draw in and up, then allow the inhale to be passive and occur naturally. Try doing this 10 – 20 times in a row, beginning slow and working your way up to more rapid exhales. When you need to, take a couple of slow and gentle breaths in and out, before repeating for two more rounds.