

## The Twenty-third Breathing Theme Ojai Breathing

This *Breathing Theme* begins your journey of exploring your Energy Self. It is good for opening up and relaxing your breathing, too, but it is mostly known for the way it helps you control the flow of Energy within your system. Traditionally, Ojai Breathing keeps Energy from leaking out and helps you clear and circulate the Energy you have.

To use Ojai Breathing in your yoga program, learn the *Ojai Breathing Discovery Exercise*. Then you simply make sure you are doing Ojai Breathing during any of your poses, even during your warm up poses and Relaxation. It works with any stretches you like. It's wonderful with the Sun Salutation and you can use it in combination with any other kind of breathing you like, Abdominal Breathing, Chest Breathing, The Wave, Yellow Level Breathing, The Sponge, The Fountain, Core Breathing, and so on.

For fullest Energy experiences, I combine Ojai Breathing with Core Breathing and The Fountain. Sometimes, I add centering strategies on top of them. This puts me in touch with the flow of Energy in my body as it clears and circulates. I especially like using it during Sun Salutations. The movements of the Salutation lend themselves very well to experiencing energy flow.