

Discovering Ojai Breathing

We have one skill left to add to your yoga experience and then you can go back to breathing however you like. It's called Ojai breathing, or Mirror Fogging Breath. It's one of the easiest breathing strategies, so, of course, I've saved it for last. :))

Ojai Breathing opens up your breathing passages, helps your breathing relax and it helps circulate energy in your Energy Body.

Discovery

Let's explore the sensation we'll be looking for with Ojai Breathing. Open your mouth and breathe outward, as if you are trying to fog up a mirror. Or as if you are softly saying 'hah'. Notice how that opens up the back of your throat? Notice how it makes a rasping sound?

OK, we're looking for those same feelings, only you'll be trying to feel them when you're breathing *in*. Try it with your mouth open. Then see how relaxed you can make it.

When you're used to this exercise, try it with your mouth closed. See if you can discover the same feeling of openness in the back of your throat. If you do this right, your throat feels relaxed and open and your breath sounds raspy.

Total Mastery

To get the full benefits of this breathing technique, put the tip of your tongue up on the roof of your mouth just behind your upper, front teeth. Let your tongue

rest there lightly. This further opens up your throat and closes off your Energy Body so that you can better circulate Energy.