

infinity breathing

Breath: One of the eight fields of Akasha Yoga™

Pranayama, the fourth limb of yoga, is a practice of focusing on breath. In Sanskrit, prana means "life force energy", and yama means to gain control. In yoga, breath is associated with prana, thus, breathe work is a means to elevate our life energy.

Infinity breathing

Close your eyes and imagine an infinity symbol. Place your awareness at the center of the symbol. Begin to slowly and deeply inhale as you visually begin to make your way around the right side of the symbol, first by moving up around the right side and then eventually making your way down and back to the center of the symbol. When you reach the center of the symbol, begin to exhale as you visualize now moving up the left side of the symbol and back down around. When you find yourself back at the center, once again begin to inhale and make your way around the right side. Continue this process of moving around the infinity symbol for several minutes. Every time you reach the center, imagine yourself becoming more and more in tune with the infinite, eternal energy of the Akasha.

