WHY BOTHER WITH BREATH:

HOW BREATHING AFFECTS YOUR HEALTH AND FUNCTION, AND WHAT YOGA CAN DO TO IMPROVE IT

LONGEVITY

"The pulmonary function measurement appears to be an indicator of general health and vigor and literally a measure of living capacity" (Framingham study). Those performing pranayama regularly have better respiratory efficiency and stronger respiratory muscles.

EFFICIENT BLOOD-OXYGEN EXCHANGE

There should be a balance between the amount of blood ready to absorb oxygen and the amount of oxygen supplied by breathing. This can be achieved by deep breathing and altering the body position in relation to the ground.

ENERGY RELEASE

To sustain life, the body must produce sufficient energy. The amount of energy produced depends on the quality and amount of fuel (food) and the supply of oxygen (ventilation). The science of pranayama teaches us how to manage our energy.

BRAIN FUNCTION

The brain requires a lot of oxygen to function properly. Working on increasing your breathing capacity ensures proper brain oxygenation. This will help maintain your mental sharpness, ability to make sound decisions and strong memory.

ORGAN FUNCTION STRESS MANAGEMENT

Every time you inhale, you stimulate your SNS ("fight or flight" mode) slightly; every time you exhale, you stimulate your PNS ("rest and digest" mode). Specific yogic practices help these two branches work in harmony to regulate individual organ function and homeostasis.

RESTFUL SLEEP

Brief interruptions in breathing during sleep can lead to poor sleep quality, insomnia and sleep disorders. Simple lifestyle changes and specific yogic practices can help you sleep better by calming the system, cooling the body and strengthening respiratory musculature.