



KAIUT YOGA

# YOGA & Breathing



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## Yoga & **BREATHING**

Breathing is, of course, important to yoga. However, there is a difference between trying to control breathing and letting it take a natural course as the situation requires.

## **SHOULD WE CONTROL** our breathing?

Although breathing is an involuntary act performed thousands of times a day, remember that breathing is like an orchestra in which the brain, lungs, heart, blood, and muscles are in perfect harmony.

The body knows how to breathe, and it naturally breathes enough to maintain vital functions.



The extremely intimate relationship between breath and emotion is already known. It is easy to see the direct and immediate inference that any emotional change produces in breathing.

Scientists have identified a small group of neurons that communicate activities in the brain's respiratory control center to the structure responsible for generating arousal throughout the brain. They identified this group of neurons in the brainstem that connect breathing to mental states (relaxation, attention, and anxiety). This cluster is located in an area called the respiratory pacemaker.

*Source: Stanford University*

# **IT'S NOT ABOUT** controlling your breathing

During the practice of yoga, the breath must continue with its primary function of bringing oxygen to the blood and, through the impact on the nervous system, help in the regulation of emotions.

Yoga is a mind-body practice. Breathing is not exclusively "physical." It is through the breath that we develop an integrated mind-body practice that is sustainable over time and continues to deliver good health into the latter stages of life.

Excessive breathing or hyperventilation can seriously upset the delicate balance of oxygen-carbon dioxide exchange that takes place in our body as it reduces the supply of oxygen to tissues and organs.



# What does yoga teach ***US ABOUT BREATHING?***

Breathing is a very powerful tool, but that goes unnoticed throughout the day.

When we stop to recognize the true power of the breath, we find an anchor that helps us to be calm, light and clear.



# It is through breathing that we

## **PERCEIVE OUR INTERNAL RHYTHM.**

In addition to the benefits for the mind, bringing awareness to the breath is very important for the health of our physical body.

With the practice of yoga we can feel and use our breath as a tool to restore our internal balance.

Breathing always reflects the state of the body and nervous system. That's why it also changes constantly. It is important to create flexibility and the ability to breathe in a variety of ways.

*Source: National Library of Medicine*

Dr. Konstantin Buteyko developed "Buteyko Breathing" in the 1950s. He revolutionized our understanding of breathing by showing that when we breathe well our organs, tissues, and brain receive the levels of oxygen each needs to function properly.

*Source: Breathing method by Buteyko*



Yoga is a practice of self-knowledge, and the breath is the thread that connects us to the awareness of ourselves.

With this, we can point out three main goals of yoga and breathing: presence, control of emotions and improvement of breathing capacity.

*Source: The Science of Yoga by William J. Broad*

***During yoga practice, breathing changes naturally through movement, muscle activation, shifting between contraction and release, and the inner sense of peace, support, and breath. This occurs unconsciously, without you having to intervene in the process.***

If you wonder what breathing has to do with emotions, perform a little exercise. Observe your breathing when you are anxious, irritated, and nervous. It's a safe bet that your breathing is rapid and shallow. Continue with this little experiment and now observe your breathing when relaxed, enjoying a pervasive sense of well-being. Another safe bet is that your breathing is regular and smooth. So yes, breath and emotions are connected.

Breathing in particular has a special power over the mind, when you are feeling scared, in pain or tense and uncomfortable, your breathing quickens and becomes shallow.



# CONSCIOUS Breathing

When you breathe consciously you activate a different part of your brain. Unconscious breathing is controlled by the medulla oblongata in the brain stem, the primitive part of the brain, while conscious breathing comes from the more evolved areas of the brain in the cerebral cortex. So conscious breathing stimulates the cerebral cortex and the more evolved areas of the brain.

*Source: Harvard School*

Consciously breathing sends impulses from the cortex to the connecting areas that impact emotions. Activating the cerebral cortex has a relaxing and balancing effect

on the emotions. In essence, by consciously breathing, you are controlling which aspects of the mind dominate, causing your consciousness to rise from the primitive/instinctual to the evolved/elevated.

***Therefore, paying attention to the breath makes most people play a positive response role in the processing of emotions and stress in the brain. Together with safe joint stimulation, breathing also provides a link to the nervous system and directly affects how we feel.***



# PRANAYAMA

Sanskrit “prana” - vital energy; “ayama” - expand, lengthen, dimension.

Meditative breathing practice to access the prana dimension.

*Source: Yoga Journal*

Pranayama breathing practices are designed to control your life force, not exactly control the breath, but in fact, bring the breath to its natural essence.

Pranayama is a set of breathing techniques that aim to directly and consciously regulate one or more parameters of the

respiratory rhythm, that is, through the prolongation and shortening of the breath and, sometimes, the holding of the breath, causing the voluntary control of the muscles involved in breathing.

However, never overdo any breathing exercise. If you start to feel uncomfortable, go back to your daily breathing. Never force your breath to do something it doesn't want to do.



# How do you know when **YOUR BREATH IS TELLING YOU TO STOP?**

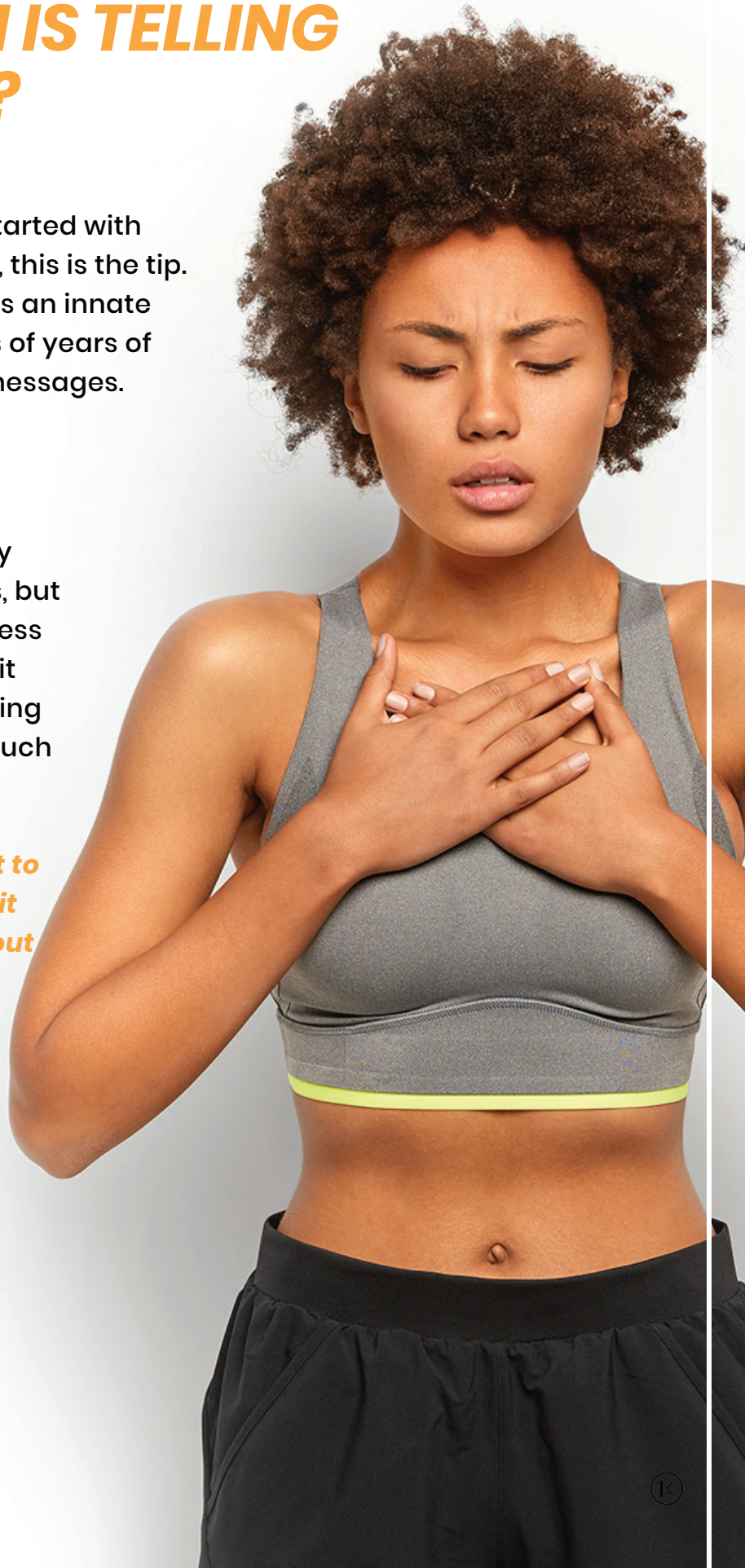
If the unpleasant feelings you started with become even more unpleasant, this is the tip. Your breath, believe it or not, has an innate intelligence honed over millions of years of evolution. Learn to trust these messages.

*Fonte: Yoga Journal*

For some, guided breathing may suit the body's metabolic needs, but for others, it strengthens the stress response by being too rapid, or it can cause anxiety when breathing needs to be slowed down too much from its own natural rhythm.

***In Kaiut Yoga we never attempt to control the breath, we observe it and listen to what it tells us about our current moment.***

As with any new exercise, it is always best to talk to your doctor before taking on a new routine. Try to begin a pranayama practice slowly and then build it up over time.



# Breathing in the **KAIUT METHOD**

Consistent breathing, in conformity with the breath's natural rhythm, free of unnecessary interventions that force the breath into unnatural patterns, is transformational in the long term.

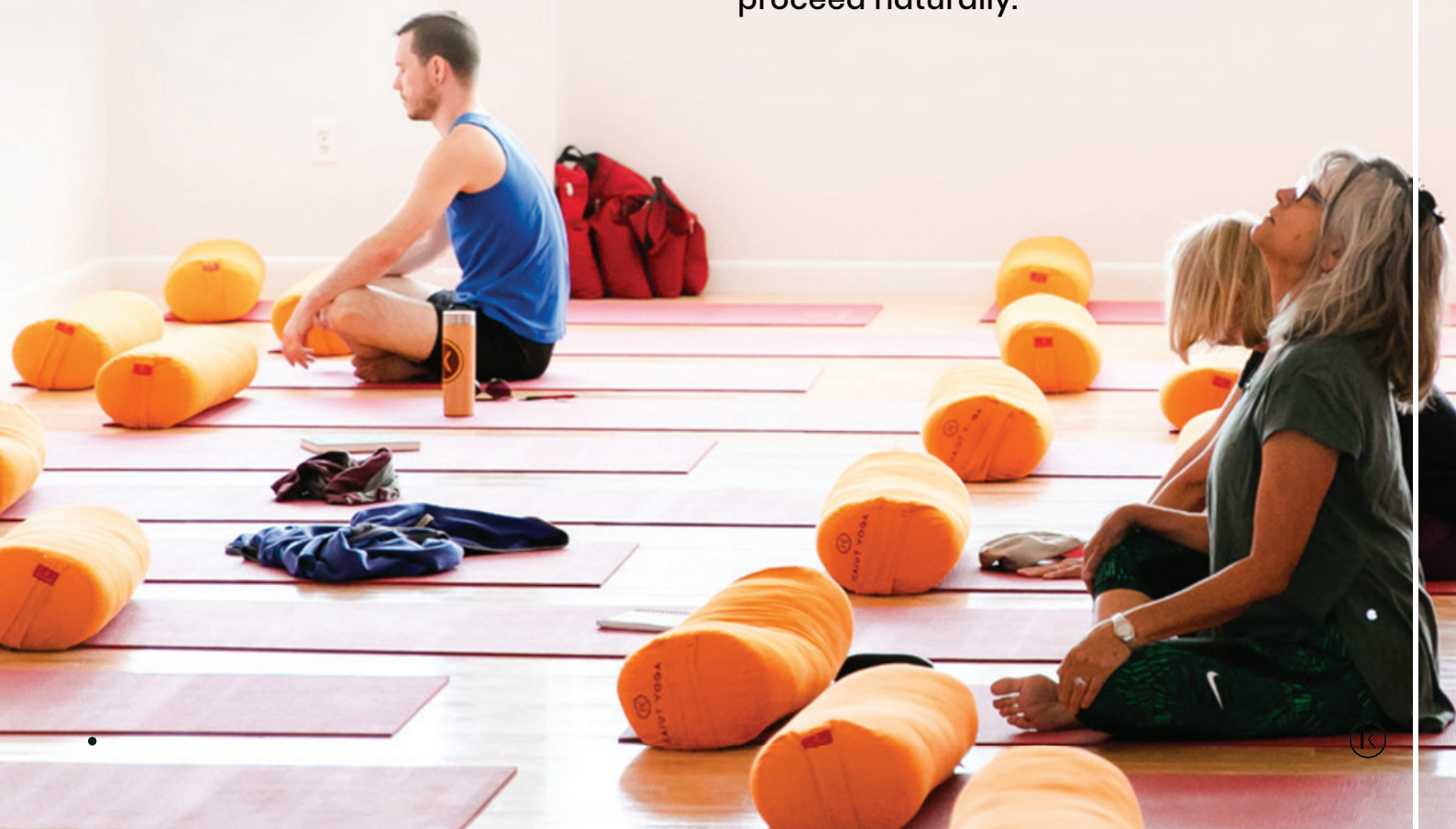
*The Kaiut Method works with breathing "phases." More than breathing exercises, the Method awakens in us a perception of the respiratory system as a whole.*

Given the intimate connection between breathing and the

autonomic nervous system, attempts to control the breath are inefficient and potentially harmful under some circumstances.

The main factor in any breathing exercise must be reeducating the nervous system, not controlling it.

That is why the Kaiut Yoga Method is devoted to a re-education that elicits a response from the body's natural wisdom. There is no "discipline" required. Quite to the contrary, actually. We proceed naturally.



# **NON-ANALYTICAL** Breathing

Noticing is neither analytical nor intellectual. Rather, it relies on "awareness," which is something altogether different.

This involves cultivating breathing in ways that strengthen and stabilize the nervous system. From there a refined perception of breathing emerges that properly regulates the functions of the entire body.

# **ESSENTIAL** Breathing

Essential Breathing involves breathing in even-diminishing cycles. Fewer cycles regulate the nervous system. The breath is abdominal and nasal. It is also soft.

Reducing breathing cycles must be sustainable. Having established Essential Breathing, which, as we mentioned, regulates the nervous system, the body now operates with carbon dioxide and oxygen levels in proper balance.

# **NATURAL FULL** Breathing

Natural Full Breathing is also sustainable. The former is an extension rather than a modification of the latter. Again, nasal and abdominal, but then involving the chest. A natural, almost imperceptible pause precedes a slow exhalation. There is a similar pause at the bottom of the breath prior to inhalation

A complete cycle of natural full breathing contains the following elements:

◦ **Inspiration** ◦ **Pause** ◦ **Expiration** ◦ **Pause**





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