

VIDEO BONUS



Practice with me

BREATHING TECHNIQUES TO START

1. Natural breathing https://youtu.be/YyqOvm_weRg
2. Spinal breathing <https://youtu.be/XLY-65V5YbM>
3. Ujjayi breathing <https://youtu.be/lip2gzaVYyk>
4. Nadi Shodhana breathing <https://youtu.be/86OqvqHcjFs>

BREATHING TECHNIQUES TO BALANCE IDA

1. Surya Bedhana breathing <https://youtu.be/d9ueXzZJxfo>
2. Kapalabhati breathing <https://youtu.be/v948k98US9g>

BREATHING TECHNIQUES TO BALANCE PINGALA

1. Bhramari breathing <https://youtu.be/bZtpXTUqKI4>
2. Sitkari breathing <https://youtu.be/O5n3nbgRBJE>

