

Sheetali (Sitali) Pranayama Cooling breath.

Sit in a comfortable posture, the hands resting in chin or Jnana mudra.
Close the eyes and let the body become steady and still.

Allow the breath to be steady, without control.

To start the practice, stick the tongue out and roll the edges like for a tube.
Inhale and draw the breath in through this tube. Draw the tongue in, close the lips and exhale through the nose. Maintain your normal breathing rhythm – no strain, as it can dry out the tongue and mouth.

If you cannot roll the tongue, either stick the tongue out flat, or bring the front teeth together and breathe in through the teeth. There will be a slight hissing sound.

Increase the number of rounds from 9 to 15 but you can build up to 60 rounds – over several months!

Notice the coolness on the tongue and in the mouth.

Precautions ... do not do in dirty polluted atmospheres or during cold weather as you are by passing the body's natural filtration system by breathing in through the mouth.

If you suffer from low blood pressure or respiratory disorders only practice with the utmost of care.

Benefits ... it cools the body and helps balance the mind. It helps us to release tension in the muscles and brings mental steadiness. If using only to steady the mind and body, I would advise to work with the full yogic breath rather than this practice.

Note: *sheetali* is derived from the root *sheet* in Sanskrit which means cold. *Sheetal* means 'that which is calm, passionless and soothing.'