

LINDSAY MARTENS, N.D.  
Doctor of Naturopathic Medicine

### Supine Abdominal Breathing

#### Benefits:

- Purifies and enriches the blood
- Develops the diaphragm muscles
- Strengthens the lungs, thorax, and abdomen
- Calms the nervous system
- Aids digestion

#### Technique:

- Lie on your back on a relatively firm surface that allows your spine to flatten slightly along the floor. A soft pillow to support the head and neck may be helpful. The arms and legs should be comfortably relaxed along the floor. The feet should be spread apart and the arms should be lying with the palms up and about 12-18 inches away from the body.
- Place your right hand on the upper part of the chest and your left hand on the upper part of the abdomen.
- Breathe so that your left hand moves up towards the ceiling during your in breath and towards the floor on your out breath. The right hand should not move at all.
- Take the same amount of time to breathe out as you do to breathe in.

### Kapalabhati Breath

#### Benefits:

- Energizing
- Cleansing
- Reaches the lower segments of the lung to release stagnant air
- Increases digestive fire
- Increases creative fire

#### Technique:

- Sit with your head, neck, and torso straight and unsupported by a wall or the back of a chair.
- To begin, exhale completely and take a deep inhalation.
- Next, use your abdominal muscles to forcefully expel small puffs of air rapidly and evenly through your nose.
- Continue this for 15 exhalations and work yourself up to 30 exhalations. Don't worry about taking an inhalation, it will happen passively.



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### Complete Breath

#### Benefits:

- Increases alveolar ventilation
- Increases oxygen capacity
- Cleansing, energizing, stabilizing
- Increases vital capacity of the lungs

#### Technique:

- Sit in a comfortable position with your head, neck, and torso straight and unsupported by a wall or the back of a chair
- Breathe in and out a few times normally and then exhale as much as possible
- Inhale as much as possible, filling up your lower abdomen first, then your rib cage, then your upper chest
- Exhale fully, starting with your upper chest, then your rib cage, then your lower abdomen. Use your abdominal muscles to exhale as much air as possible.
- Repeat this for 5 – 10 breaths

### Alternate Nostril Breathing

#### Benefits:

- Extreme calming effect on the nervous system
- Relaxes and refreshes the body
- Soothes headaches
- Increases concentration

#### Technique:

- Sit in a comfortable position with your head, neck, and torso straight and unsupported by a wall or the back of a chair
- Throughout this exercise, breath deep into your abdomen
- With your right hand, curl your index and middle fingers in towards the palm. Use your thumb to close the right nostril. Exhale and inhale once with your left nostril. Use your ring finger to close the left nostril and exhale and inhale once with your right nostril.
- Continue this alternate breathing for 3 – 5 minutes

*"As water purifies our skin, so the breath is capable of cleaning our whole being"*