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## BUILDING EXHALE

- Part I – Building Abdominal Strength: Inhale slowly and fully using ujjayi (ocean breath); Mindfully exhale contracting pubic bone to navel, navel to solar plexus – slowly push all the breath out.

Hold breath out (suspension) and nudge even more breath out by urging belly button up; nudge two more times, then relax and inhale fully; take two free breaths. Repeat entire process two more times, then sit quietly and breathe naturally for 2 minutes. Notice.

- Part II – Krama (Segmented) Exhale: Take a long fully inhale using ujjayi; Take 3 seconds to release 1/3 of the breath on exhale; pause 2 counts; Release the second 1/3 of the breath; pause 2 counts; Release the final 1/3 of breath and pause 2 counts; Slow deep inhale. Repeat two more times. Relax breath completely and notice.