



Breathing Foundations

Description



The Business of Teaching

In this lesson, we introduce considerations related to the business aspect of yoga teaching.



Purchase

Ujjayi Pranayama

In this lesson, we systematically present Ujjayi Pranayama.



Anatomy of the Spine: Spinal Regions & Vertebrae

In this lesson, we introduce the anatomy of the spine.



Sanskrit: Introduction

In this lesson, we introduce the Sanskrit language.

My Courses

Koshas / Panchamayakosha Model: Introduction & Overview

In this lesson, we introduce the kosha model as a way of describing human beings and mapping our experience of the self.



History



Origins & Sources of Yoga

In this lesson, we introduce the source texts of yoga.

Subtle Body Foundations

More 

Objectives at a Glance



1. [Breath Teaching Cautions](#)

Become clear on the cautions related to practicing *pranayama* and best practices for teaching about the breath, including teaching to beginners.



2. [Healthy & Restricted Breathing](#)

Become knowledgeable about the power of the breath to affect physiology and emotions, and the causes and effects of breathing issues, including reverse/paradoxical breathing and chest breathing.

3. [Natural Effortless Breathing](#)

Become proficient in the naming conventions related to natural breathing and diaphragmatic or belly breathing; characteristics and benefits of natural breathing; and ways to teach belly breathing, the three-part breath and effortless breathing.

4. [Basic Breath Training](#)

Understand the difference between unconscious and conscious breathing and techniques for guiding students in conscious breathing that slows their breathing rate and expands respiratory capacity.

5. [Yogic Breathing](#)

Understand the differences between clavicular, thoracic and diaphragmatic breathing and become knowledgeable about conscious exhalation and diaphragmatic rib cage breathing.

6. [Pranayama Teaching Foundations](#)

Understand the parts of the breath cycle, what is necessary for safely teaching *kumbhaka* and which practices serve different energetic purposes.

[Pranayama & Breath Practices: Teaching Cautions & Considerations](#)



Lesson Overview

In this lesson, we examine the fundamental cautions related to *pranayama*.

Objective

Become clear on the fundamental cautions related to practicing *pranayama* and the associated implications and best practices for teaching about the breath.

Description

Clarify the importance of distinguishing between preparatory breath practices and formal *pranayama* techniques. Delineate which practices are safe for beginners and which are not. Learn which aspect of the breath cycle requires particular experience and skill to safely practice and teach. Explain cautions to be observed during practice. Describe multiple perspectives from which to consider and teach breathing practices and *pranayama*.

Introduction to Healthy Breathing & Restricted Breathing



Lesson Overview



In this lesson, we introduce the power of the breath to affect physiology and emotions and the effects of breathing issues.

Objective

Become knowledgeable about the power of the breath to affect physiology and emotions, and the causes and effects of breathing issues, including reverse/paradoxical breathing and chest breathing.

Description

Name the systems of the body that are affected by breathing. Describe research that shows the two-way connection between breath and emotions. Explain why students might be experiencing restrictions to their breathing and some of the effects of constricted breathing patterns. Name six ways that breath may be inhibited. Describe reverse breathing and the potential causes and effects of this pattern. Describe chest breathing and the potential effects. Describe periodic breathing and over-breathing.

Effortless, Natural Breathing; Belly Breathing; Dirga Pranayama / Three-Part Breath



Lesson Overview

In this lesson, we explore naming conventions related to natural breathing and diaphragmatic or belly breathing, and describe ways to teach them.

Objective

Become proficient in the naming conventions related to natural breathing and diaphragmatic or belly breathing; characteristics and benefits of natural breathing; and ways to teach belly breathing, the three-part breath and effortless breathing.

Description

Provide up to seven more names for Natural Breathing, or the expansion and contraction of the mid-body as the diaphragm moves. Describe some of the many benefits of natural breathing and simple breathing techniques. Since natural breathing is by definition effortless, explain why it needs to be taught. Describe the hallmarks of natural breathing and some simple ways to encourage natural, effortless breathing. Describe Belly Breathing and the Three-Part Breath. Provide a perspective on whether

Yogic Breathing: Moving Beyond the Foundations & Exploring More Technical Practices





Lesson Overview

In this lesson, we move beyond the foundations of basic breath training and explore more technical practices.

Objective

Understand the differences between clavicular, thoracic and diaphragmatic breathing and become knowledgeable on expert teachings related to conscious exhalation and diaphragmatic rib cage breathing.

Description

Describe the reason a wise teacher may NOT teach the techniques presented here. Define clavicular breathing and the conditions under which it's typically present. Define thoracic breathing and explain its effects. Explain what is typically meant by the term "yogic breathing."• Give signs of improper breathing. Explain the benefits of a conscious exhalation. Describe the yogic breathing technique for consciously exhaling and share how experts explain it. Describe the more advanced technique of diaphragmatic rib cage breathing, how it is different from ineffective chest breathing and why the two might be confused.

Basic Breath Training, Conscious Breathing, Breath Awareness



Lesson Overview

In this lesson, we introduce the purpose and techniques for guiding students in conscious breathing and expanding respiratory capacity.

Objective

Understand the difference between unconscious and conscious breathing and techniques for guiding students in conscious breathing that slows their breathing rate and expands respiratory capacity.

Description

Be clear that the most important instruction for students learning breathing fundamentals is to relax. Become aware of the average unconscious “normal” breath rate and the effect that awareness has on this rate. Describe the primary objective and benefit of breath training for new students and the breath training basics that will prepare students for pranayama. Describe a number of practices for teaching breath awareness and another gentle practice you might consider for breath training.

Teaching Traditional Pranayama Techniques: Teaching Foundations



Lesson Overview

In this lesson, we lay the foundations for teaching traditional *pranayama* techniques, as distinguished from more basic breath practices.

Objective

Understand the parts of the breath cycle, what is necessary for safely teaching *kumbhaka* and which practices serve different energetic purposes.

Description

Describe the relationship between *prana* and breathing practices. Define the parts of the breath cycle and explain the energy and effects associated with each. Provide a list of typical movement pairings for the inhalation and for the exhalation. Describe the purpose of *pranayama*. Explain how *pranayama* begins and ends, according to B.K.S. Iyengar. Understand why patience is required for safe and effective pranayama practice and a primary caution when teaching it. Describe what is required for safe practice of *kumbhaka*. Note which *pranayama* techniques tend to have a stimulating effect, which have a calming effect and those designed to balance energy.



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