

Name _____

The Breath of Life: The Importance of Proper Breathing in Yoga

Short Answer

1. Explain the concept of prana in yoga and how it relates to the breath.
2. How does deep, slow breathing help reduce stress and anxiety?
3. Describe the purpose of the Ujjayi breath in yoga practice.
4. What are some common pranayama techniques, and what are their benefits?
5. How can pranayama practices enhance mindfulness and presence in everyday life?

