

Name \_\_\_\_\_

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

### Short Answer Key

1. Prana is the life force or vital energy believed to flow through the breath in yoga. It relates to the breath by emphasizing its role in regulating this energy.
2. Deep, slow breathing helps reduce stress and anxiety by calming the nervous system and sending signals to the brain that everything is okay.
3. Ujjayi breath involves breathing in and out through the nose while slightly constricting the back of the throat. It helps calm the mind and regulate the breath during challenging yoga poses.
4. Common pranayama techniques include Ujjayi, Nadi Shodhana, Kapalabhati, Bhramari, and Anulom Vilom. Their benefits range from calming the mind to energizing the body and balancing energy.
5. Pranayama practices enhance mindfulness and presence in everyday life by encouraging focused awareness on the breath, which can translate to increased awareness of thoughts, actions, and experiences.

