Dirgha pranayama is a cleaning and balancing technique that shows prompt benefits. It involves consciously filling three different areas of your lungs, starting in the lower chambers, moving up through the middle thoracic regions and finishing with the upper spaces. You will notice a deeply relaxing and releasing effect.

Perform Dirgha pranayama either sitting upright or lying on your back with your knees bent. Both the inhalations and exhalations are through your nostrils. For the first breath, inhale slowly and deeply directing the air into your lower lungs by consciously using your diaphragm. When performed properly, your belly should rise up. As you exhale, lower your belly just as air escapes from a balloon. Repeat this pattern several times, drawing the air into the lower chambers of your lungs, maintaining smooth and rhythmic breathing.

After you are comfortable with this first step, begin filling the middle section of your lungs with air. Start by filling your lower regions as before, and then direct your inflow to your mid lung region by opening your ribcage. You will feel your ribs expanding between your diaphragm and your breasts. Inhale and exhale several times filling both the bottom and middle areas of your lungs.

Finally, drawing air into the bottom and middle regions of your lungs, continue breathing in. Fill the upper lungs so that you are breathing into your collarbones (clavicle). Practice the complete breath so your inhalations and exhalations flow in a smooth, continuous motion. Sequentially, direct your attention from your diaphragm to your ribs and your clavicle.

Happy breathing!!!