



YOUR DIRECT LINE TO COSMOS

KAPALABHATI - A BREATHING PRACTICE BEFORE A MEAL SO YOU DON'T OVER EAT

This practise is to ensure you do not over eat.

- Practise three minutes before breakfast, before lunch and before dinner.
- Put your left hand in front of your stomach, right hand on front, and just focus on your exhalation. Your exhalation must be powerful from your stomach.
- Do not focus on your inhalation, just focus on powerful exhalation.
- To prepare, stand straight or sit down. Shoulders back.
- Now try to pump your belly in as you exhale.
- Exhale! Exhale! Exhale! Exhale! Exhale! Exhale!
- Continue this pattern, make sure that you're not moving your shoulders or your chest just powerful belly exhalation.
- Continue this pattern, stop in one minute, continue again until three minutes.
- Take your time in observing the sensation after doing this powerful Kapalabhati, cleansing the heart and cleansing the channel towards your heart.

Namaste