

YouTube Examples

[Siddhi Yoga International](https://www.youtube.com/watch?v=xrInn-NuPgE): <https://www.youtube.com/watch?v=xrInn-NuPgE>

[Kripalu Video](https://www.youtube.com/watch?v=xg_93mxxCnQ): https://www.youtube.com/watch?v=xg_93mxxCnQ

The Three-Part Breath, or Dirgha pranayama, is a simple and powerful practice that activates all these benefits. It should feel like a gentle wave of motion and there should be a thorough emptying of the breath.”

Sample Script:

Part One: Inhale through the nose, allowing your belly to expand softly as the breath moves into your lower belly & lungs. Then exhale through your nose, tightening your abdominal muscles and drawing your belly button to the spine, allowing as much air as possible to release.

Part Two: Much the same, with an added step. Inhale through the nose, allowing your belly to expand, and then allow the breath to expand your rib cage as well. When you exhale through the nose, squeeze the air out of your rib cage and belly until they're empty.

Part Three: Now add the third part. Inhale through the nose, allowing your belly to expand as the breath moves into your lungs and rib cage, and then invite the breath into your upper chest, to your pectoral muscles and clavicle. Then exhale fully.