



Kapalabhati Breath Script

Create a comfortable seated position with a tall spine. Rest your hands on your thighs, palms up or down, close your eyes if that feels ok for you. Begin by taking three deep, cleansing breaths in through your nose and out through your mouth.

Kapalabhati means 'Skull Shining Breath.' It is a powerful cleansing technique that energizes the body and clears the mind. In this practice, the exhale is active, sharp, and powered by the belly, while the inhale is passive and happens naturally.

If at any time you feel lightheaded, or you feel pressure building in your chest, eyes, ears or head, pause and return to your natural breath. Once your dizziness subsides, join again but at a more gentle pace. Choose to breathe either through your nose or your mouth.

It looks like this —> demo 5 breaths.

You will go for 3 minutes - break when you need. I'll give you time cues throughout.

Let's go! Inhale naturally, then forcefully exhale by snapping your belly in toward your spine. Let your inhale be soft and automatic, and your exhale be strong.

Continue at a steady pace, like a rhythmic pumping: exhale, release, exhale, release. Keep your chest and face relaxed and still, allowing the movement to come from your low belly.

Continue.

(Pause and count silently for timing)

Cue once the first minute is up, then the second minute, Cue encouragement throughout if you feel inclined to do so.

On the last breath - Take one last deep inhale... hold at the top, soften your face... and exhale completely. Return to your natural breath.

Notice any sensations - perhaps a tingling in your skin, a clear mind, or maybe a bright, lifted energy. Feel your body, your aliveness, your capability, your progress. Carry this sense of vitality and confidence with you as you move into the rest of your day (or evening).

Remember - you are more capable than you know!

Thank you for joining me today! If you have any questions, please let me know, and remember to drink lots of water.