



# Humming Bee Breath Pranayama

## *Bhramari Pranayama*

### **What is Humming Bee Breath Pranayama (Bhramari Pranayama)?**

Bhramari Pranayama, commonly known as Humming Bee Breath, is a yogic breathing technique that involves producing a humming sound while exhaling.

This practice is part of the broader category of pranayama, which is the regulation and control of the breath to enhance physical, mental, and spiritual well-being.

Bhramari Pranayama derives its name from the Sanskrit word "bhramar," which means "bee." The practice is named after the humming sound that resembles a bee's buzzing.

### **How to Practice Bhramari Pranayama (Humming Bee Breath)**

1. Find a quiet and comfortable place to sit in a cross-legged position, or on a chair with your spine straight.
2. Close your eyes and take a few deep, calming breaths.
3. Place your thumbs on your ears' tragus (the small cartilage flap in front of the ear canal) and lightly press them to close off your ears.
4. Rest your index fingers on your forehead, just above the eyebrows.
5. Place your remaining fingers gently on your closed eyes, but avoid putting pressure on your eyeballs.
6. Inhale deeply and slowly through your nose.
7. As you exhale, make a low-pitched humming sound by constricting the back of your throat. Keep the sound steady and continuous, like the buzzing of a bee. Feel the vibrations in your head and chest.
8. Continue to hum as you exhale until your breath is completely expelled.
9. Inhale again and repeat the process for several rounds, maintaining a calm and steady rhythm.



## **Benefits of Bhramari Pranayama: (Prana- life force yama- extension)**

1. Stress Reduction
  - Bhramari Pranayama is an effective stress relief technique. The humming sound and focused breathing help calm the mind, reduce anxiety, and promote relaxation.
2. Improved Concentration
  - Regular practice can enhance concentration and cognitive function, making it beneficial for students and professionals.
3. Emotional Balance
  - Bhramari Pranayama can stabilize mood swings and alleviate symptoms of depression and anger by regulating the nervous system.
4. Throat and Sinus Health:
  - This practice can help improve the health of the throat and sinuses and may be useful for individuals with allergies or respiratory issues.
5. Enhanced Sleep
  - Practising Bhramari Pranayama before bedtime can improve sleep quality and aid in managing insomnia.

## **Benefits of Pranayama in General**

1. Stress Reduction
  - Pranayama techniques, including Bhramari, promote relaxation and reduce stress by activating the parasympathetic nervous system.
2. Enhanced Lung Function
  - Pranayama helps increase lung capacity, improves respiratory efficiency, and can be beneficial for those with respiratory conditions.
3. Improved Mental Clarity
  - Regular pranayama practice can enhance mental focus, concentration, and cognitive function.
4. Balanced Emotions
  - Pranayama techniques assist in emotional regulation and can reduce symptoms of anxiety and depression.



5. Increased Energy

- Proper breathing techniques can boost vitality and provide a sense of revitalization.

6. Spiritual Growth

- Pranayama is an integral part of yoga and meditation, aiding in spiritual development, self-awareness, and a deeper connection with one's inner self.