



CENTER FOR TRUE HEALTH

Sitali Breath Technique

The Kundalini Sitali Breath technique is a cooling breath practice that helps reduce body heat, calm the mind, and promote relaxation. Here's a step-by-step guide on how to practice it:

- Sit with your spine straight, feet flat on the floor.
- Form the mouth shape: Slightly part your lips and curl your tongue lengthwise to form a tube-like shape. (If you're unable to curl your tongue, you can simply purse your lips as if you were sipping through a straw.)
- Inhale slowly and deeply through the curled tongue or pursed lips. Imagine that you're sipping in cool air, allowing it to pass over your tongue and fill your lungs.
- Exhale through the nose: After inhaling fully, close your mouth and exhale slowly and completely through your nose. As you exhale, imagine releasing any tension or heat from your body.
- Repeat the cycle, maintaining a steady rhythm: Continue this inhale-through-the-mouth and exhale-through-the-nose pattern for several rounds.
- Traditionally, this practice is done from 1 to 11 minutes.

The Kundalini Sitali Breath is known for its cooling and calming effects. It can be particularly beneficial during hot weather or when you're feeling angry, agitated or overheated.