

Study Questions for Breath and Pranayama

1. Give three reasons why breath is a fundamental tool in Kundalini Yoga.
2. What are the main muscles associated with breathing?
3. What are the gasses that are exchanged in breathing?
4. How are breath and blood connected?
5. Name 3 kundalini yoga pranayamas and their effects.
6. What are the three areas of the lungs used in Long Deep Breathing? In what order are they filled and emptied?
7. Name 3 benefits of long deep breathing.
8. How would you teach breath of fire to beginner students?
9. Name 3 benefits of breath of fire.
10. How would you instruct a student who feels dizzy while practicing breath of fire?
11. Which pranayama has a cooling effect? Which has a heating effect?
12. What does it mean to lock the breath in? Name some of its disadvantages.
13. Give 2 tips on how to hold the breath in. Name also 2 benefits for holding the breath in.
14. Give 2 tips on how to hold the breath out. Name also 2 benefits for holding the breath out.
15. What does the term Shuniya mean? How is it connected to pranayama?
16. What are some of the effects of a segmented breath of 4 sniffs? What about 8?