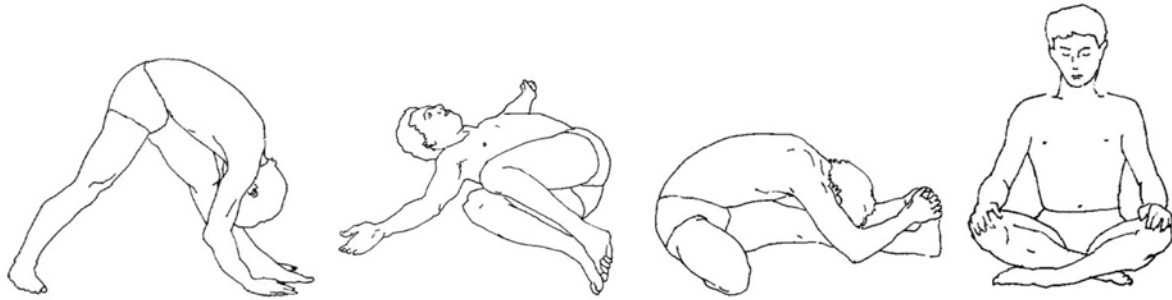


If we appreciate the role of breathing in Āsana how can we make it longer?



1. By using a valve, such as the throat (Ujjāyī) we can:

- Influence the length of the inhale and exhale
- Create a uniformity of breath
- Observe the quality of the breath
- Control the movement of the breath
- Appreciate the limits of personal endurance
- Deepen the quality of the [Āsana](#)
- Focus the attention, as long as it is a means to an end

2. Use of throat control is:

- A point that leads you into the posture
- A vehicle by which we know the whole posture
- Generally easier on the exhale
- The cause, the feeling is the effect
- Just the centre of the action.
- The feeling is elsewhere, not with the sound

3. When using throat control:

- The face should be relaxed
- There should be a good feeling of and for the breath
- The person should be able to exhale through the nostrils

4. The sound:

- Is not necessarily in the throat, this is only where the air is felt
- Is not important, it is the feeling which is important
- Level depends on the [Āsana](#) fatigue level and individual training
- Allows you to know whether a person is breathing well