



Video Transcript

Breathwork To Center Mind & Body

Hi everyone, I'm Amanda, and today I'm going to be guiding you through a breathing exercise known as Samavriti breathing, equal parts breathing. This is an excellent way to center your mind and your body.

Let's go ahead and get started. To begin with, you want to make sure that you're comfortable. I'm in a kneeling position known as hero's pose. On a block, I have a little extra patting underneath my knees and my shins and my feet.

However, if sitting in a chair is more appropriate for you or laying down on your back, like in shavasana, then go ahead and take the next few minutes to prepare yourself for this practice. You can start by coming into this comfortable, seated position. Go ahead and bring your awareness to the task at hand and make any final adjustments that you need so that you can remain in this position for the duration of this exercise.

First of all, I just want to go over what Sama Vriti mean. Sama in Sanskrit means same. Ritti is fluctuations of the mind. Have you ever been moving throughout your day and there's just so much chatter in the back of your mind.

Have you ever been in your meditation practice or on your yoga mat and the mind just keeps rambling off and you can't quite focus on the task at hand?

This exercise is a great way to draw your awareness inward and find a little more calm and balance in the mind and the body.

Sama same vriti the fluctuations of the mind. So this exercise is meant to help create that balance. It's often referred to as a prana yama exercise.

Prana is life force and yama is restraint. Today we're not going to be restraining the breath during this practice. Restraining means that you hold the breath.

We're going to be using this exercise simply just to balance out the inhales and the exhales. We'll be paying close attention to the length,

duration, and consistency of the inhalation and the exhalation. So we're going to start by just breathing together in a very natural way.

Let's go ahead and begin. You can close your eyes for this exercise, or you can keep your eyes gently open, just gently looking down in front of you.

Not straight ahead, not wandering around. You want to slow the gaze so that the mind is not distracted. On your next inhalation,

draw the breath in through the nose. We don't have to be using that ujjayi breath where you hear the breath you can just breathe normally through the nose do the best you can to exhale through the nose so gently keep the lips closed inhale through the nose just noticing the breath and any fluctuations that there may be any inconsistencies any little edges here and there with the breath and exhaling through the nose,

gently close the lip. Two or three more. Inhale. Exhale. Inhale.

Exhale. Last one, just letting our breath gently synchronize together. Inhale and exhale.

I'm going to be counting us through and increasing the counts slowly. Let's start with four counts in. So in for four, three, two,

one. Exhale, four, three, two, one. Inhale, four, three,

two, one. Exhale, four, three, two, one. Inhale, four,

three, two, one. Fill up. You may notice a little pause naturally exhale four three two one all the breath out one more set of four three two one inhale exhale four three two one will be increasing the count to five Five,

four, three, two, one. Try and fill up. Exhale, five. Really regulate four,

three, two, one. Try and keep it even. Inhale for five, four, three, two, one. And exhale, five, four, three, two,

One, and exhale five, four, three, two, one. Another round. Inhale for five,

four, three, two, one. Exhale, five, four, three,

two, One, all the breath out, but draw the next one in just as easily for five, four, three, two, one.

Draw your awareness to the breath, and exhale, five, four, three, two, one.

I'm going to increase the count again, but remain at five if you need to drop back down. Inhale for six, five, four,

three, two, one, all the breath, and release six, five, four, three,

two, and one. Continue, inhale, six, five, four, three, two,

a little more, one, and out for six, five, four, three, three, two,

one. Let's try again, another round, inhale, for six, five, two one notice it may be getting a little

easier and out for six five four three two one let your mind rest at the base of the exhale let's do last one for six five four three two,

one, filling up. Bring your attention inward and out with the breath. First six, five, four, three, two,

one. We're dropping it back down to five, four, three, two, one. We're dropping it back down to

five, four, three, two. One, notice it's easier, and release Five,

four, three, two, one. Another time for five, four, three, two,

one. And out with the breath for five, four, three, two, one. Dropping it down to four,

Three, two, one. Notice the length and consistency, the ease, and release,

four, three, two, one. Continue with four counts on the in -breath, four, three, two,

one, and out for four, three, two, one, And out for four, three, two, one, Samavriti breathing, equal parts, inhaling for four, exhaling for four. If you notice your mind's attention wandering, just acknowledge that This is a magical moment of awareness and gently draw your attention back to the breath. Notice that the breath is calm and full and balanced. And notice that the mind is calm and relaxed and at ease. Continue to breathe for four counts in. Now you can move at your own, counting in your mind's eye and exhaling for four. Letting the breath move out of the body to the same count as the inhale. We create balance and ease through this sum of ritty breath. Let's do two more rounds, Keeping it at the count of four, equal on the inhale, and releasing equal on the exhale for four counts. Each time you notice thoughts coming into your practice, into the mind, disidentify from the thoughts and return to the breath. inhaling for four exhaling for four last round together inhaling for four exhaling for four now let go of the counting of the breath simply let your body breathe in, allow for your mind to remain anchored in the sensations of the breath, entering the body, and releasing the breath. No more counting, no more focus on the counting of the breath. Release the tension of the mind around the breath and simply let the breath move all in its own you can observe the sensations and any subtle changes of the mind and the body after this breathing practice notice the quality of the mind notice the quality of the breath So the breath, so the mind, and so the mind, so the breath. Remain breathing effortlessly for as long as what feels comfortable for you today. When you're ready to ease into a seated position or begin your daily task, do so mindfully, and return to the breath as often as you need to. Thank you so much for joining me today. May you be well and at ease in your body, breath, and mind.