

Breath and Mind

In this video, I'll explain the relationship between our breath and mind. Yogis from ancient India believed that the simplest way to gain control of our mind is through altering our breath. We'll dive into this relationship, which forms the foundation for many of the meditative techniques we'll teach for anxiety.

References and further reading

- Attwood, A. S., Ataya, A. F., Bailey, J. E., Lightman, S. L., & Munafò, M. R. (2014). Effects of 7.5% carbon dioxide inhalation on anxiety and mood in cigarette smokers. *Journal of Psychopharmacology*, 28(8), 763-772.
- Siedlecka, E., & Denson, T. F. (2019). Experimental methods for inducing basic emotions: A qualitative review. *Emotion Review*, 11(1), 87-97.
- Yogananda, Paramahansa (2005). *The Essence of Kriya Yoga* (1st ed.). Alight Publications. p. part10 (online). ISBN 978-1931833189.

Glossary

CO2

Pranayama

Qi Gong

Meditation Videos



P4 - Kapalbhati (Breath of Fire)



P5 – Bhastrika Pranayama
(Bellows Breath)