

# Kapalbhati (Breath of Fire)

In this practice, I'll teach a powerful practice to calm the mind using the breath. We'll learn the basics of abdominal breathing, and then learn a technique called "Kapal Bhatti" or breath of fire. This technique works by matching the speed of the mind, and then slowing it down via exhaustion.

## References and further reading

- Ansari, R. M. (2016). Kapalbhati pranayama: An answer to modern day polycystic ovarian syndrome and coexisting metabolic syndrome? *International journal of yoga*, 9(2), 163.