

Bhramari Pranayama

(anti-stress / anti-anxiety pranayama)

Bhramari Pranayama

↓ (1 cycle)



findnature.com/wp-content/uploads/2006/12/yoga-1.jpg

- Close your eyes
- Close your ears with the help of index fingers
- Inhale deeply
- Exhale slowly with humming sound
- Feel vibrations in head region

Repeat 5 Times

