Proper Breathing (Pranayama) Journal

NAME:_____

Curriculum Outcomes:
1.5 apply effective breathing techniques to their yoga practice
1.6 demonstrate an understanding of anatomy and physiology as it applies to the intentional integration of breath, postures, and movement within the practice of yoga
3.2 explore relaxation techniques to observe thoughts and to manage emotions and stress, and reflect on those techniques which are most effective to them
3.3 apply the principles of yoga in a personal way outside of yoga practice

For one full week, track and reflect on any insights or observations you have about your unique unconscious breathing patterns. See the table examples below.

Date	Time of Day	Situation	What I noticed about my breath/body at the time?	Which breathing technique did you use and for how long?	After the change or acknowledgement of breath, what did you notice?
Monday, Sept 7	10:00pm	Worried about Math test in the morning	Was holding my breath	Practiced Anuloma Viloma/alternate nostril breath for 5 minutes	Continued deep, slow breath. It felt good. Less anxious, heart rate began to slow down and helped me fall asleep.
Tuesday, Sept 8	3:30pm	On the bus frustrated with my girlfriend/boyfriend	Sharp, quick and constrictive	Used full yogic breath to calm myself down 10 times.	Thoughts began to clear; calm and ready to discuss situation appropriately.

Pranayama Reflection Questions

After practicing and tracking your conscious proper breathing for one week, answer the following question questions in full sentences individually or in paragraph format.

1. Explain how you generally felt before, during and after practicing proper breathing.
2. What is the difference between most people's regular automatic breathing and full yogic breathing? Explain.
3. Explain how conscious proper breathing could improve your athletic abilities, musical talents, test writing, relationships, etc.
4. Was this a valuable learning experience for you and will you continue to practice proper breathing? Explain