MINDMERGE WELLNESS

Ujjayi breathing

Ocean breath: a gentle beginner reminder

Read the full article first. Keep the effort light; there is no sound or duration target to achieve.

1

Find a supported seat

Sit comfortably with a relaxed jaw. Notice a few ordinary breaths before changing anything.

2

Explore an open-mouth exhale

Exhale softly as though fogging glasses. Notice the throat sensation without pushing air out.

3

Try the nasal exhale

Close your lips gently. Keep only a trace of that sensation as air leaves through your nose.

4

Explore the inhale, if easy

Try a similarly light adjustment on the nasal inhale. You can stay with the exhale while learning.

5

Try a few comfortable cycles

Explore up to three easy cycles, or stop sooner. Skip deliberate holds and fixed counts.

6

Release and check in

Soften the throat and resume ordinary breathing. Decide whether the practice felt comfortable.

STOP IF UNCOMFORTABLE

Release the technique if you feel strain, throat pain, dizziness, breathlessness, panic, or otherwise unwell. Seek appropriate help for concerning or persistent symptoms.

If you are pregnant, have a health condition, or have breathing restrictions, get individual guidance before starting. This card does not replace professional care.

Technique references: Jivana Heyman and Sandra Anderson, Yoga International.

Full instructions and sources: mindmergewellness.com/ujjayi-breathing/

Original step card | November 25, 2026 | Keep it quiet. Keep it comfortable.