

Beginner Pranayama Practice Card

FitInFlow.space · Gentle yogic breathing for healthy adults. For information only, not medical advice. Updated October 2026.

1. Set up

Sit tall on a chair or a folded blanket. Empty stomach. Breathe through the nose. Start with 5 minutes. Stop at any dizziness.

2. Four gentle techniques

Technique	How to do it	Time
Diaphragmatic belly breathing	One hand on belly, one on chest. Inhale so the belly rises first. Exhale slowly and let it fall.	3-5 min
Ujjayi "victorious"	Narrow the back of the throat as if fogging a mirror, mouth closed. Soft ocean sound in and out through the nose.	2-5 min
Nadi Shodhana alternate nostril	Right thumb by right nostril, ring finger by left. In left, out right, in right, out left = 1 round. Equal easy count (e.g. 4 and 4). No holds.	3-5 min
Bhramari bee breath	Inhale through the nose. Exhale with a steady hum, lips closed. Optional: thumbs gently over the ears.	5-7 breaths

3. Skip it, or ask your doctor first, if

Pregnant · heart disease or high blood pressure · asthma or COPD (keep your inhaler nearby) · glaucoma, hernia or recent surgery
Epilepsy, panic disorder or trauma history · teaching children (keep it to playful humming; never breath-holds)

Not on this card on purpose: Kapalabhati, Bhastrika and breath-holding (kumbhaka). Learn those only from an experienced teacher.

Stop and seek urgent help for chest pain, severe breathlessness or fainting. Never practice in water or while driving.

4. Four-week practice log

Week	Mon	Tue	Wed	Thu	Fri	Sat	Sun	How I felt
Week 1								
Week 2								
Week 3								
Week 4								

Tick each day you practise and note the minutes. Add one minute a week only if it feels easy.

5. A gentle 10-minute sequence

Arrive 2 min -> Diaphragmatic 2 min -> Nadi Shodhana 3 min -> Bhramari 1 min -> Rest 2 min

Research suggests slow breathing may modestly ease stress (Fincham et al., 2023). Pranayama does not replace any medical treatment.