Our Breathing continues twenty-four hours a day. Whether one is aware of it or not, without it, one cannot exist for more than six minutes.

Breath is our constant companion and most valuable treasure. It is to the body what thought is to the mind. Breath lets the intellect shine forth.

When we focus on the breath, we are listening to and contemplating the true nature of consciousness, as it is spoken through the breath. Breathing is therefore more than a simple physical action, as each breath has an underlying significance and a particular "coded message". It is said that if you can realize the true reality of the breath, you can realize the atma or the soul.

By transporting our awareness to the very act of our physical breath we can become established in a natural inner silence bringing moments of calmness and joy. A steadfastness of the mind is obtained which can be aimed directly at awakening our highest human potential.

The sound of the breath you heard as you entered the studio today and the breath used by the troupe members is called the Ujjayi (you-jai-ee) or victorious breath. This Ujjayi breath is the foundation of nearly all Pranayama Yoga techniques, and all Yoga-vinyasa movements require this synchronized, controlled breath to stay focused.

Ujjayi is often called the throtted breath, as opposed to a normal nasal breath, because the control of the breath is attained in the throat at the glottis between the larynx and the trachea. Based on how subtly and effortlessly it is done, the ujjayi breath increasingly impacts the cleansing and rejuvenation of the subtle nerve and energy pathways, called the Nadis. It tones the neck muscles, abdominal muscles and purifies specific glands.

When the Ujjayi breath is mastered, the Prana or life force energy can be directed at will into specific areas of the body, either during a Mudra, a Vinyasa or at stillness, often revealing the innermost nature of our mind as the witness consciousness.

The power and brilliance of this orderly quiet practice to the mesmerizing breath develops the physical body, the vital internal organs, the senses and mastery over the flow of the mind. It requires laser focus, keen balance, steady practice and stalwart patience. Practiced regularly one eventually comes into the essence of that still point within that transmits and transforms you into the fundamental power of your full human potential.

We encourage you to quiet external distractions, tap into your internal senses and allow this intimate and timeless work of art to take over fully.

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**Slokha**

Chandogya Upanisad

Aruni, to his son Svetaketu Chapter 6, #8

"It is like this.  
Take a bird that is tied with a string.  
It will fly off in every direction,  
and when it cannot find a resting-place anywhere else,  
it will alight back upon the very thing to which it is tied.  
Similarly son, the mind flies off in every direction,  
and when it cannot find a resting place anywhere else,  
it alights back upon the Breath itself.  
For the mind, my son, is tied to the Breath."

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