

Originally taught in July 1975

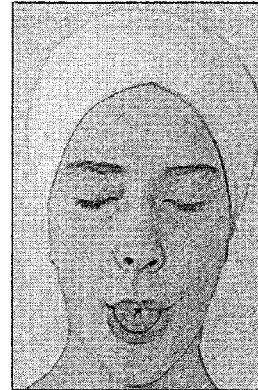
## Sitali Pranayam

Sit in an Easy Pose, with a light *jalandhar bandh*.

Roll the tongue into a “U,” with the tip just outside of the lips.

**BREATH PATTERN:** Inhale deeply through the rolled tongue, exhale through the nose.

**TIME:** Continue **3 minutes**. Alternatively, you can practice this **26 times** in the morning and **26 times** in the evening. **108 repetitions** is a deep meditation and a powerful healer for the body and digestive system.



**COMMENTS:**

This *pranayam* gives power, strength, and vitality. It can have a cooling, cleansing effect. Initially, the tongue tastes bitter, and will eventually become sweet.