

## Instructions for AGNI SARA Pranayama

(adapted from [www.zelleryoga.com](http://www.zelleryoga.com))

Balancing the fire element, strengthening the digestive organs

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Agni means "fire" and sara means "balanced". Agnisara basically is a cleansing breathing exercise that balances the fire chakra which is located at the center of the abdomen. This practice builds up inner heat, strengthens the lower abdomen and pelvic floor, and energizes the entire body. It improves the digestive system and fires up your metabolism.

To do Agni Sara, stand with your feet slightly wider than hip-width apart, bend the knees, lean forward and place your hands just above the knees. Keeping the back straight, inhale deeply and then exhale all the air out simultaneously pulling the muscles of the lower abdomen in and up. Hold for a moment and on inhalation gently release the abdominal muscles. Repeat 3 times. With consistent practice, you will feel how your core muscles become stronger and your body is cleansed of toxins. It will give you immense energy that you can carry with you throughout your day. Remember to practice Agni Sara on an empty stomach. Avoid during pregnancy and menstruation or if experiencing any abdominal pain.

