

## Boost Your Immune System

Sit in Easy Pose with your chin in and your chest out. Stick your tongue all the way out and keep it out as you rapidly breathe in and out through your mouth. This is called Dog Breath. Continue this panting diaphragmatic breath for 3-5 Minutes.

To Finish: Inhale, hold your breath for 15 seconds and press the tongue against the upper palate. Exhale. Repeat this sequence two more times.

This exercise brings energy to your immune system to fight infection. It is a very healing exercise. When you feel a tingling in your toes, thighs, and lower back it is an indication that you are doing this exercise correctly.

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**Praana Praanee Praanayam**  
*published by the Kundalini Research Institute*

*Praana Praanee Praanayam* is an in-depth collection of classic and never before published breath techniques given by Yogi Bhajan, Master of Kundalini Yoga, to exalt the human spirit. You are sure to appreciate the many beautiful illustrations of rishis and yoginis that accompany this 214 page spiral bound book. The wide range of praanayams and kriyas include: *Karnee Kriya, Sahai Sukh Dhyana, Chattar Chaya Kriya, Sneezing Buddha, Kriya for Victory, Chakra Praan, Whistling Ardas Bhaee, Ashtang Agni Kriya*, plus numerous alternate nostrils praanayams, and breathing in various stroke patterns.