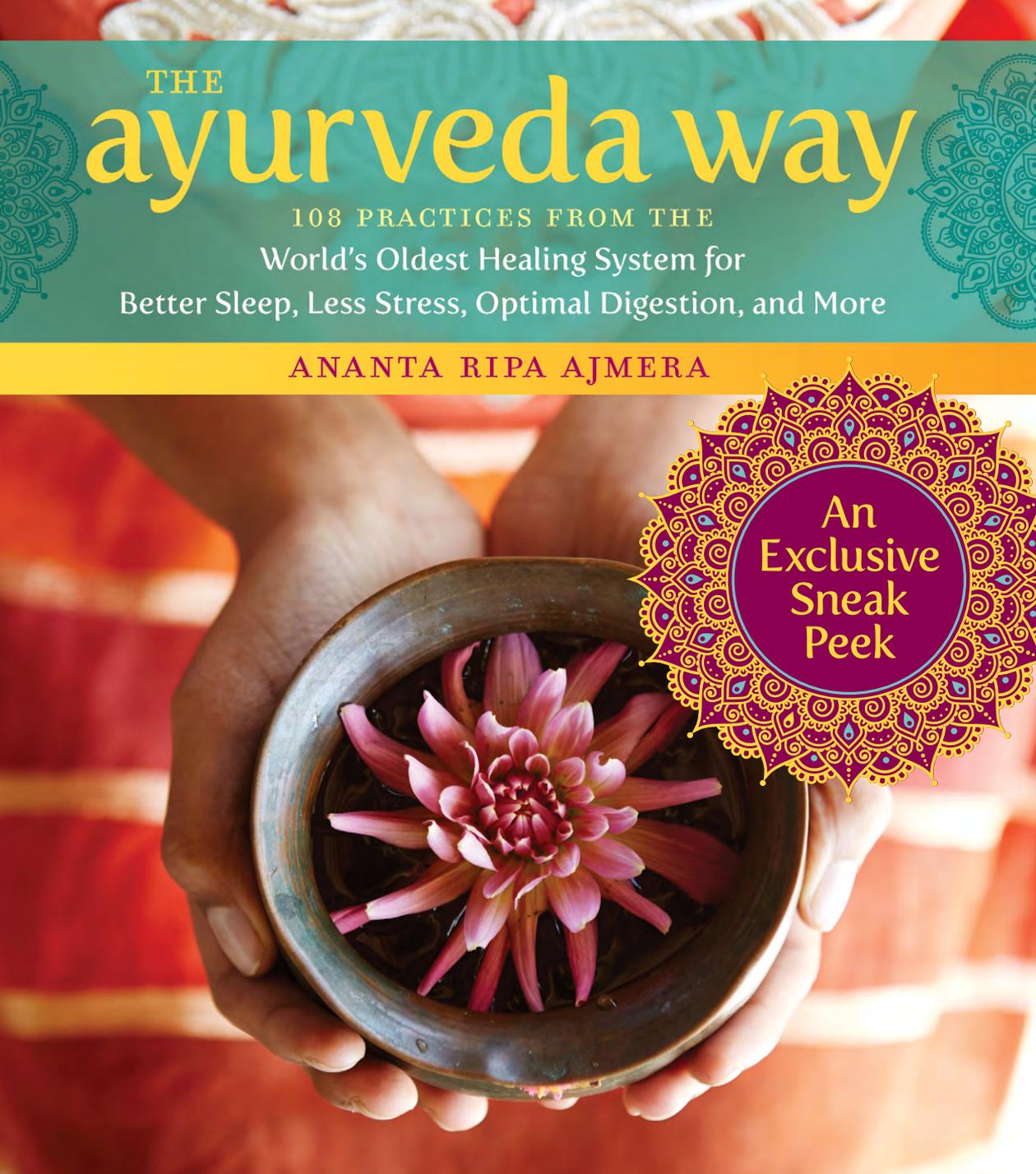


# THE ayurveda way

108 PRACTICES FROM THE  
World's Oldest Healing System for  
Better Sleep, Less Stress, Optimal Digestion, and More

ANANTA RIPA AJMERA



An  
Exclusive  
Sneak  
Peek



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Celebrated Ayurveda teacher Ananta Ripa Ajmera offers an inspiring introduction to this ancient Indian medical tradition, which complements and extends the health and wellness benefits of yoga. Through 108 short essays you will learn to approach optimal digestion, better sleep, less stress, and a more balanced life.





# Calm your mind with buzzing bee breathing exercise.

The buzzing bee breathing exercise is a powerful medicine for your body and mind. It calms restlessness, frustration, and anxiety. It gives your nervous system more strength and stability and is highly beneficial for cardiac disorders and clogged arteries. It helps with heart disease, high blood pressure, paralysis, migraine headaches, and hemorrhoids. As is the case with all yogic poses and breathing exercises, these benefits will accrue more when you are following an Ayurvedic diet and lifestyle to support your practice. Buzzing

bee connects you to your true, peaceful nature, giving you immediate confidence while dissolving pessimism. It decreases mental reactivity and leads to increased balance and optimism.

It's my go-to breathing exercise. I practice it each morning and have taught it to many students and clients, who always immediately feel its positive, powerful impact. Buzzing bee is extremely beneficial for creative work and study. It naturally leads into meditation.

## PRACTICING THE AYURVEDA WAY

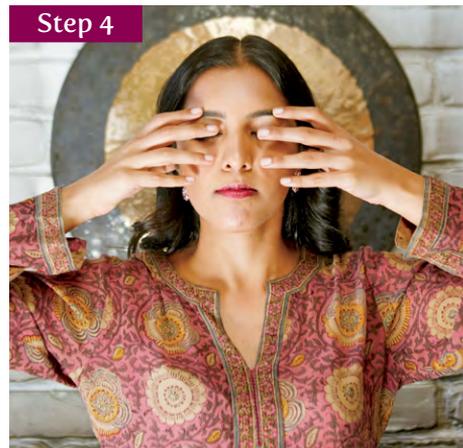
**“I’ve got a lot to do. There’s a lot of detail. That gets me wound up sometimes. Practicing buzzing bee is helpful to gain calm and focus.”**

— Craig

## How to Do the Buzzing Bee Breathing Exercise

Practice this in the morning, at night (to help you sleep better), or anytime your mind feels anxious or stressed in any other way. Enjoy buzzing your stress, anxiety, and frustration away!

1. Sit comfortably, with your back straight.
2. Bring your thumb and index finger of each hand together in the knowledge *mudra* (hand gesture). Keep your eyes closed and breathe slowly. This itself will calm your mind.
3. Relax your hands from the knowledge *mudra*. Close your ears with your thumbs.
4. Place your second and third fingers gently over your eyes, with index fingers on your forehead or eyebrows. Keep your mouth closed. Inhale deeply.
5. Slowly exhale through your nose, making a humming or buzzing sound with your throat (it'll sound like MMMMMM). This makes one round.
6. Do two more rounds, repeating steps 2 through 5 each time. As you gain more familiarity with the practice, gradually increase to 10 to 30 repetitions. Stop any time if you feel dizzy or very light-headed.



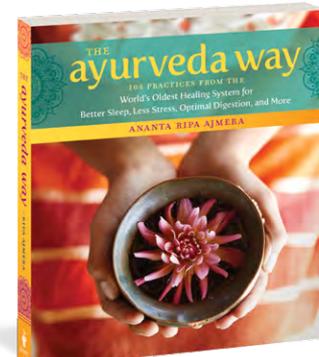


## ANANTA RIPA AJMERA

is an Ayurveda Practitioner and yoga instructor who studied with Acharya Shunya, an eminent traditional Vedic teacher whose lineage stems back to ancient India. She has taught Ayurveda and yoga at Stanford University, Stanford Health Care, California Probation Departments, ABC News, and leading business conferences. Her writing has been popular on *MindBodyGreen*, *Elephant Journal*, and Huffington Post.



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