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Ashtanga Yoga: Dristhi, bandha and breathe

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In Ashtanga Yoga asanas purify, strengthen and give flexibility to the body. Breathing is rechaka and puraka, that means to inhale and exhale. Both the inhale and exhale should be steady and even, the length of the inhale should be the same length as the exhale. Breathing in this manner purifies the nervous system. Dristhi is the place where you look while in the asana. There are nine dristhis: the nose, between the eyebrows, navel, thumb, hands, feet, up, right side and left side. Dristhi purifies and stabilizes the functioning of the mind.

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