



## *Tongue Hissing Technique Handout*

Clinical studies have proven that an increase of oxygen from correct breathing techniques has a major effect on reducing stress and anxiety and will improve the overall health of the person practicing breathing exercises.

This breathing exercise is known as “tongue hissing” and refers to the sound caused when air is drawn in through the protruding tongue folded into a tube. Fold up the sides of the partially protruded tongue so as to form a long narrow tube resembling the beak of a bird. The passage is further narrowed by pressing the lips round the tongue. Inhale, making a hissing noise and perceive the cooling effect of the air as it passes through the tongue. Permit the breath to be stopped effortlessly. Exhale through both nostrils. Allow the breath to be held for a comfortable length of time before the next inhalation. Repeat the cycle.

During inhalation the air passes over the moist tongue, cooling down and refreshing the throat. In order to be sure that the tongue remains moist, roll it back as far as possible against the palate. Do this during the entire exhalation so that the next breath is just as refreshing as the first. Because of their cooling effect, it helps in calming down the mind by removing the mental anxiety and tension. The overall benefit is that this can increase the resistance to diseases.