Bhramari: Bee Breath

Before you practice

These guides are general fitness and mindfulness content written by BLKMAT. They are not medical advice, therapy, or treatment, and they are not a substitute for a qualified yoga teacher or health professional.

- Check with a doctor or physical therapist before starting a new exercise routine, especially if you are pregnant, recovering from an injury or surgery, or managing a heart, blood-pressure, joint, or balance condition.
- Move within a comfortable range. Mild stretching sensation is fine; sharp, pinching, or electric pain, numbness, or dizziness means stop.
- If you feel faint, dizzy, short of breath, or unwell at any point, stop and rest. Get medical help if it doesn't pass quickly.
- Breathe through your nose if you can, and never hold your breath to force a pose.
- Use a wall, chair, folded blanket, or pillow for support whenever it helps. Props are not "cheating."
- Practice on a dry mat on a flat, non-slip floor. BLKMAT mats have a natural rubber base, which contains latex.

Zodiac and chakra themes in these guides are cultural and creative frameworks for choosing what to practice and what to pay attention to. They are not scientific or health claims.

A BLKMAT guide to Bhramari, the bee breath. About 2–5 minutes, seated. Read the safety note first.

What it is

Bhramari is named after a black bee, for the sound: you inhale through the nose and exhale with a steady hum, mouth closed. In the traditional form the ears are closed with the thumbs and the remaining fingers rest lightly on the face (shanmukhi mudra). A simpler version keeps the hands in your lap — the hum is the technique; the hands are optional.

When to use it

Before sleep or meditation. To end a practice. Any time you want to turn the senses inward for a few minutes.

How to practice

1. Sit tall and close your eyes. If you like, bring your hands up: thumbs gently closing the ears, fingers resting lightly on the forehead, cheeks, and jaw — no pressure on the eyes themselves. Or keep your hands in your lap.
2. Inhale slowly through your nose.
3. Exhale with a smooth, low hum — “mmmm” — mouth closed, lips together, for the whole length of the exhale. Aim for an even tone, like a bee at a distance.
4. Inhale again and repeat. Let the hum get quieter, not forced longer, as you go.

Timing and counts

Breaths	Pace	Session
5–10 hums	Exhale as long as is comfortable	2–5 minutes

Why people practice it

The hum fills the ears and gives attention a single, simple object. It also stretches the exhale — the part of the breath most people rush — for as long as the sound lasts.

Take care

- Do not press on the eyeballs. Fingers rest on the face; they do not push.
- If you have an ear infection, ear pain, or recent ear or eye surgery, skip the hand position and check with your doctor before practicing.
- Keep the volume comfortable. The hum should never strain the throat.

Related glossary terms

Pranayama

Part of the Breathing Techniques category in the Practice Library.

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