

THE YOGA POSERS

BHRAMARI PRANAYAMA

HUMMING LIKE A BEE IS LESS STRESSFUL THAN SLEEPING

HISTORY	<i>Bhramara</i> is a bee in Hindi. <i>Bhramari</i> is named for the Hindu goddess. <i>Shanmukhi</i> [“ <i>Shan</i> ” (six) ” <i>Mukhi</i> ” (face)] is the six fingered mudra that represents the six-legged insects that the Goddess <i>Bhramari</i> used to defeat the demon that couldn’t be killed by any 2 or 4 legged creature.
BASIC BIOMECHANICS	The humming sound comes from exhaled air passing over narrowing vocal folds. When done with neutral spine and head carriage, relaxed lips, tongue and face, it creates a vibration in the head throat and chest.
BENEFITS	Activates the parasympathetic nervous system (rest/digest). Increases vagal tone (lowers resting heart rate and blood pressure while easing chronic inflammation, supports mental well-being and resilience). Provides an “auditory anchor” when upset and helps others co-regulate.
COMMON COMPLAINTS	Embarrassment, tightness in throat; unpleasant sound, dizziness/light-headedness (exhales too long), sinus discomfort (if congested).
COMMON MISALIGNMENTS	Breath is forced (too hard, too long). Diaphragms not “stacked”. Forward head. Tongue at bottom of mouth or pressing into teeth or not covering roof of mouth including soft palate. Clenched jaw, tight face, raised shoulders, shallow breath.
VARIATIONS	Repeat “MUM” in quick succession, emphasizing the beginning “M” sound, eventually turning it into one long mmmmmmm sound as in AUM (OM). Playfully hum the M-Mum Hum in a sing song way. Hum along with any song.
MUDRA	Place fingers across the face and head to “close the gates” of the senses (hearing, sight) to turn the attention inwards and to feel the vibrations in the skull. Thumbs cover the ears, index and middle fingers softly cover the eyes, ring and little finger frame the mouth.



FAVORITE CUES

- Start with repeating “mum”, let that turn into “mmmm” to feel the lip and chest vibrations
- Have an expressionless, neutral face
- Blow horse lips before humming
- Stop exhaling BEFORE tension arises
- Hum in a playful way to relax
- Start with a lower pitch