**Ujjayi**

Also known as Breath of Victory, or Breath of Fire, or even Ocean Breath.

[In Wikipedia](https://en.wikipedia.org/wiki/Ujjayi)

Watch the video where Leslie Kaminoff explains some of the benefits of Ujjayi (heart and stability).

Watch it on [Videos at "Resources"](https://yogawithsusana.com/resources#videos)

Main characteristics of Ujjayi:

* Makes the breath tangible and therefore is a focal point for the mind
* Extends the breath
* Creates heat
* Generates stability

What is it?

A partial closing of the glottis, that happens naturally when we whisper or when we blow into a glass to make it foggy.

Contraindications:

Laryngitis

Some inflammatory conditions

When to do it?

During the whole asana practice, except one is resting, and in Ujjayi Pranayama, on exhale in Viloma Ujjayi, on inhale in Anuloma Ujjayi, and in some parts of Pratiloma Ujjayi.