

Why Do We Breath Only Through The Nose While Doing Tai Chi?

Nasal breathing tells the brain all is calm and good and helps keep the mouth and throat moist. It is also a deeper breath and puts more oxygen into the bloodstream. (free divers & singers breathe this way) And it also helps keep the microcosmic orbit connected.

The only time we breathe through our mouth is when we are gasping for air. Usually caused by something negative like bad news or when exerting a lot of force or crying as a child or being chased aggressively, etc.

When we use our mouth to breathe we tend to breathe shallower.

So in our practice we will breathe through our nose. When you start breathing through your nose, notice how your breath becomes deeper and more rhythmic than you would if breathing through your mouth.

Regulate your breath by breathing slowly through the nose. When out of breath, many people would breathe instead through their mouth, because the mouth's opening is larger than the nostrils. Breathing that way is not wrong, but it will dry up the mouth and throat very quickly, the breath will become very shallow, and the microcosmic channel will be cut off; To connect the microcosmic orbit the tongue must remain behind the upper teeth gently touching the upper palette. When breathing through your mouth, this orbit is disconnected.

So for a more relaxed and chi nurturing breath,
breathe slow, even, calm, silent and deep and only through your nose.