

How to Beat the Mid-Afternoon Slump Without Caffeine— According to Yoga Instructors

Before reaching for a second (or third!) cup of coffee, try these holistic approaches instead.



Instead of a cup of java, try this breathing technique that's so energizing it earned the nickname "yogic coffee." A study in the *International Journal of Yoga* found that this particular breathing technique, also called *Bhastrika* or "bellow's breath" perks up your central nervous system, waking you up and simultaneously calming you. Ready to try it yourself? Here's how from Jessica Matthews, MS, professor of yoga studies at MiraCosta College in San Diego, California. From a comfortable seated position, bend elbows to 90 degrees, raise arms to shoulder height, and creating loose fists with your hands. Take two to three deep diaphragmatic breaths in and out through your nose, maintaining good posture. On the next inhalation, forcefully inhale through the nose while extending arms overhead, outstretching fingers. On the exhalation, forcefully breathe out through the nose while lowering arms back to starting position, once again creating loose fists. Complete a total of ten even cycles of breaths, then rest, placing hands on thighs with palms facing up as you breathe comfortably in and out through your nose. If time permits, repeat for a total of two to three rounds. Have 10 minutes? Try this quick yoga workout.