

Masterclass For Losing Weight – SOMA Breath

Video Source: [SOMA Breath](#)

In this video, Niraj Naik teaches you how to lose weight using just the power of your breath. How is it possible? We all know about the diet and exercise routines that help to lose weight. All fitness experts usually ignore the power of breath and breathing techniques. Learn what are good breathing habits and how to use breath to boost your metabolism and burn more calories. You will discover the best pranayama techniques to lose weight and how to practice Kapalbhathi.