

RESPIRATION

Many people do not know how to breathe well and have unhelpful habits and irregularities in their regular breathing patterns. Yoga can help you breathe fully and freely.

We always begin in a relaxed position on the floor called "Constructive Rest"



A: NATURAL RELAXED BREATHING:

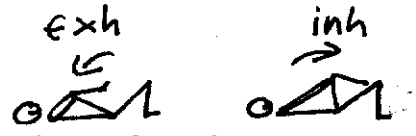
1. Rest and observe your whole body on the floor. Allow the floor to support you.
2. Observe the rhythm of your own breath.
3. Put your hands on your low belly and observe if the belly rises towards the ceiling a little when you breathe in, and then releases towards the floor when you breathe out.
4. Imagine the movement of the diaphragm which forms a dome shape downwards into the belly when you breathe in. The diaphragm relaxes and returns into the cavity of the chest when you breathe out.
5. Allow the exhalation to completely finish and cultivate an exhalation that is a little longer than the inhalation.



B: MOVEMENT WITH THE BREATH:



1. Bend your knees into the chest and let the rhythm of the breath move the legs and pelvis a little. When you inhale the legs move away from the belly, when the belly expands. When you exhale the legs move towards the chest.



2. Variation with one foot on the floor and one leg moving towards and away from chest.

3. PELVIC ROCK Lying on the floor in Constructive Rest, let the inhalation move the belly in the direction of the front thighs creating a little more arch in the lower back. Exhale moving the belly towards the floor and flattening the back into the floor.

