

Yogic Breathing

Apical Activation

Starting Position: standing, with feet apart and parallel.

The exercise is practiced with full retention; inhalation is complete. Before moving the shoulders, close the throat and perform the Throat Lock Gesture (*Jalandhara Bandha*). While holding your breath, move your shoulders up and down several times. Your hands stay adherent to your sides. Release the throat lock before exhaling.

It is recommended to initially practice 3 repetitions. Progressively and with care, increase it to 7.



Contraindications: serious heart related disorders.

Benefits: improves use of the upper part of the lungs; favors contact and integration with a very subtle and powerful quality of *Prāna*. Given its stimulating effects on mental energy, the exercise is suggested to students, or those under intellectual strain.