

Yogic Breathing

Breathing with the Meditation Gesture

Dhyana Mudra Pranayama

Starting Position: seated, hands in *Dhyana Mudra*; full yogic breath.

Inhale and raise your arms up, following with the arms the path of your breath as it moves up the torso. At the end of the inhalation your arms are at the level of your shoulders, palm facing the body.

Holding the breath (full retention) move the hands towards the chest.

As you exhale, your hands follow the breath as it moves down the torso.

Your pelvis is mobile and fluid and changes position in synergy with your breath and the movement of your hands. The position of the pelvis and the breathing determine the position of the arms not the contrary.

Gradually the breathing rhythm slows down, as well as the movement of pelvis and arms, and one enters a pre-meditative state. It is possible to keep practicing for 30 minutes or more.



Contraindications: none.

Benefits: promotes a well balanced breathing rhythm which have an internalizing effect on the brain waves, favoring access to the alpha state; stimulates profound psychosomatic integration, leading to deep relaxation and well-being.