

Preparatory Exercises

Diaphragm: Manual Decontraction

Starting Position: sitting cross-legged (Easy Pose).

Extend your arms forward with your palms facing down, bend the wrists and place the tip of the fingers just under the ribs.

As you bend your torso forward, find a firm point on the upper thigh with your wrists, and allow the fingers to enter progressively deeper into your diaphragm.

Relax and exhale to allow further penetration of the fingers, then breathe delicately, maintaining the position for 30-40 seconds.

Carefully release and repeat the entire process 3 times.



Contraindications: ulcer related pathologies of the abdominal organs (gastric and duodenal ulcers, Crohn's disease etc.), cases of strong inflammation like colitis or gastritis.

Benefits: releases and makes the diaphragm mobile.