

Preparatory Exercises

Increasing Mobility of the Back: Breathing

Starting Position: sitting with your legs crossed.

Breathe out rounding your back and draw the abdomen in towards the spine allowing the pelvis to tilt backwards. Bring your chin to the upper chest in order to obtain a complete exhalation.

Breathe in and feel the air come in and fill the torso from below, stretching it upwards and opening it slightly forwards.

Repeat from 7 to 15 repetitions.



Contraindications: none.

Benefits: mobilizes and renders elastic the entire vertebral column; deepens respiration.