

## Pranayama

# Abdominal Breathing: All Fours

**Starting Position:** on all fours.

Focus attention on the abdominal area.

Exhaling, bring the abdominal wall as close to the spine as possible; the movement should be slow, fluid and well coordinated. You are competing with gravity-resistance and the weight of the viscera, which will help increase your ability to perceive the movement.

When you inhale, the abdomen is completely soft and relaxed. In this particular phase, the movement is faster and acts as a release, both for the breath and the abdominal wall. The force of gravity aids in the downward expansion of the abdominal area.

The pelvis is free and changes position with moderate oscillation when inhaling or exhaling; the rest of your body remains still.

Practice this exercise for 3-5 minutes.



**Contraindications:** Crohn's disease; serious abdomen related pathologies.

**Benefits:** increases mobility of the diaphragm; massages viscera and the abdominal muscles; relaxes and stretches the lumbosacral region; helps improve awareness of the abdominal area and slows down mental frequencies.