

Pranayama

Abdominal Breathing: Seated

Abdominal respiration in a sitting position is the basis of many advanced practices, like conscious relaxation, concentration and meditation. It helps in perceiving corporeal vibrations, the pulse of cellular life, removing discursive thoughts and tuning into the flow of Pranic energy.

Starting Position: sitting in a comfortable position, using a cushion under the glutei when necessary. Align the back and the head; relax generally and in particular the eyes, the jaw, shoulders, hips and the lumbar region. It is necessary to be stable and comfortable; further, it is indispensable that the knees remain lower than the navel.

Inhale so the breath reaches down to a point lower than the navel and the abdomen expands a bit from the center in all directions. This creates a sensation of pleasant tension, strength and stability.

Exhaling, the abdomen deflates and during the final phase of the exhalation the navel comes moderately close to the vertebral column.

It helps to imagine you are blowing up a balloon so it opens in all directions (also posteriorly) when it is filled with air, and is reduced to a minimum when the air is released. Practice for 3 to 5 minutes.



Contraindications: none.

Benefits: mobilizes the diaphragm; massages the internal organs and the abdominal organs; refines alignment of the vertebrae; renders the mind quiet and lucid. It has a beneficial effect on circulation and rests the heart.