

Pranayama

## Clavicular Breathing: Seated

**Starting Position:** sitting with your back aligned.

Place your fingers on your collarbones and while inhaling and exhaling, feel the movement of your breath in the clavicular area. The hands will work as external witnesses of the movement.

Practice for at least 2 minutes and up to 5 minutes.



**Contraindications:** none.

**Benefits:** this breathing exercise helps perfect the Full Yogic Breath and acts on the Fifth Chakra, which is connected with the level of symbols.