

Pranayama

Hug

Starting Position: standing with feet parallel and hip distance apart, arms raised and lungs full.

Exhale forcefully and fully, bring your arms down and clasp each shoulder with the opposite hand. During the movement, lower the face and bring the chin in contact with the sternum.

Your shoulders move forward towards the center of the chest and close, but your back is always kept straight.

Your eyes follow the motion of the hands, guiding the movement of the head.

In this particular breathing exercise, the attention is focused on a complete, fast and powerful exhalation.

The exhalation is fluent and powerful, but never violent.



During both inhalation and exhalation, your arms move laterally.

Practice 2-4 sets of 11-21 repetitions.

Contraindications: labyrinthitis; acute cervical arthrosis.

Benefits: this exercise is a type of light bellows breathing; helps purify respiratory passages and increases mobility of shoulders and cervical region. Dynamizes the body and gives a widespread sense of well-being.