

Pranayama

Ski Breath

Starting Position: standing, with your feet parallel, your arms up with palms facing forward, and your lungs full.

While exhaling forcefully through the nose with the help of the Cheeks Gesture, bend your knees, bring your torso onto the thighs, your arms back with the palms of the hands facing forward and the chin to the chest (to complete the exhalation and help draw the belly in). Your exhalation is strong, complete, fast and fluid. Breath and movement are synchronized.

While inhaling come back to the starting position.

Execute 7-21 repetitions for each series. The base number is 7 and it is slowly increased in increments with practice. At the end of each series, rotate your palms inwards (facing each other) and remain still, resting in Mountain Pose, Arms Variation.



Contraindications: convalescents or subjects with cardiovascular disorders; serious heart disease; significant hypertension and hypotension, or difficulties in regulating the same.

Benefits: strengthens, tones, awakens, activates and purifies the body; it is a good training for bellows breathing.