

Pranayama

Strengthening the Diaphragm

Starting Position: lie in prone position and focus on abdominal breathing.

Raise your chest and head. There is a precise pressure against the ground from the base of your sternum to the pubis.

While holding the position, inhale and push your abdomen against the ground. Exhale and release.

The little movement of the torso is solely determined by your breathing. Gradually the rhythm becomes stronger, deeper and faster. Stay in the pose for 1 to 3 minutes and eventually practice a second round.



Contraindications: gastric and duodenal ulcer, ulcerative colitis, calculi, or any abdominal region related pathologies.

Benefits: strengthens the diaphragm and increases awareness of that area.