

## Pranayama

# Thoracic Breathing: Seated

**Starting Position:** Seated with your back and head properly aligned. Maintain a general state of relaxation, in particular of your eyes, jaws, shoulders, pelvis and lumbar region. Your knees should be lower than your navel.

Place your hands on both sides of your rib cage as witnesses to the movement. Keep your elbows in line with your torso, or slightly forward of it in order to avoid any impediment to your breathing.

When you perform this breathing in a seated position, the expansion in your back is markedly enhanced and more perceptible.

While inhaling, your abdomen is controlled. Especially focus your attention on the lateral expansion of your rib cage that moves in three directions:

1. Lateral opening
2. Sternum moving away from the spine
3. Torso gliding upwards

When you exhale free your abdomen. Practice for 3-5 minutes.



**Contraindications:** practising late in the day is not recommended for nervous or sleepless subjects.

**Benefits:** the thoracic breathing is an activating practice; isolating thoracic breathing helps to perfect the Full Yogic Breath.