

Pranayama

Vertical Scale with Retention

Starting Position: erect, with your feet parallel.

Exhale and lift your arms parallel to the floor with your hands reaching forward at the level of the heart. Inhale and raise your right arm up, keeping it in line with the shoulder while lowering your left arm to its corresponding side, practicing a light abdominal control, and slightly transferring your weight to your right foot, shifting the barycentre to the right. When you inhale your torso expands to the right from your ribcage up to your shoulder.

Keep your arms in line with the torso. The arm that is stretched up should never be forced backwards. You should be reaching up with your middle finger, keeping the shoulders relaxed.

Hold your breath and bend your torso to the left while increasing the abdominal control, hold for 7-12 seconds. The body opens to the right and the barycentre shifts slightly. Your weight is mainly on the right foot.

Maintain the retention while returning to the erect position.

Breathe out and take the arms back to the starting position. Repeat with the other arm. Practice at least 3 repetitions on each side, up to a maximum of 11.



Contraindications: avoid retention when suffering from heart trouble.

Benefits: this form of polarizing breathing fosters recovery of balance and harmony, on physical, psychic, and energetic levels. It deepens and improves full breathing and awareness of the barycentre; increases mobility in the spine and energizes the body.