

Pranayama

Vertical Scale without Retention

Starting Position: erect, with feet hip width apart and parallel on the outer edges.

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 aligned with your torso. In particular, make sure not to force your arm back when it is in the air. Reach up with your middle finger keeping your shoulders relaxed.

Exhale and return your arms to the starting position; alternate arms, and repeat on the other side.



Practice at least 5 times on each side, up to a maximum of 20.

Contraindications: none.

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.