

## Pranayama

# Victorious Breath: Supine

### *Ujjayi Pranayama*

**Starting Position:** supine, with your knees bent; the lumbar region is completely in contact with the ground, the neck is straight and relaxed (use a folded blanket if necessary)

In this variation, the movement of the upper and lower limbs favours the movement of the diaphragm, the activation of Vajroli Mudra and the lateral expansion of the ribcage, while the supine position facilitates spinal alignment and complete relaxation of the back.

Lift your feet and place your hands on the knees. The thighs are perpendicular to the floor and the lungs empty.

Start gently pulling your knees to the chest and right after, start breathing in. Vajroli Mudra is spontaneously activated by the movement of the legs before you start inhaling. Open the knees sideways and complete the inhalation. Always keep the elbows open outwards to allow lateral expansion of the ribcage and keep the shoulders low.

Start exhaling and complete the circular movement of the knees by bringing them farther from the torso and back to the starting position.

It's possible to perform this breathing for up to 20 minutes, but a 3-5 minutes practice is sufficient.



Lungs full at the end of inhalation



Start of exhalation



End of exhalation

**Contraindications:** none.

**Benefits:** this breathing technique improves oxygenation of the body-tissues and has a euphoric effect. It is especially recommended to those who have asthma; when this technique is fully mastered, it helps in controlling symptoms of moderate asthmatic crisis.