

Bandha and Mudra

Cheeks Gesture

Starting Position: in the beginning, one can use the Sitting Position.

Inhaling, separate teeth and stretch the cheeks, but the lips remain united.

Exhaling, cheeks close without inflating and without using the masticatory muscles, performing a gesture similar to the one that is necessary to compress something soft between the lips.

The movement of cheeks is related to the one of the abdomen: inhaling, it expands, exhaling, it closes and withdrawn.



Contraindications: none.

Benefits: this practice is useful for a better execution of Bellows Breathing exercises.