

Yogic Breathing

Fast Abdominal Breathing: Variation with Mula Bandha

Starting Position: erect, with your feet well spread wide apart and pointing slightly towards one another. Two yoga blocks are needed.

Bend your torso forward, bring it parallel to the ground and place your hands down on top of the *yoga* blocks. Move your chin away from your chest, as though you are looking at someone in front of you.

Bring the attention on the abdominal region and when you feel ready, begin a quick abdominal breath with your focus on the exhalation. This is accomplished by moving the navel quickly and with sufficient energy towards the vertebral column. The rhythm is fast, fluid and powerful. The exhalation is faster than the inhalation, which is passive.

Mula Bandha is spontaneously executed with every exhalation, as a “by-product” of the position. It is important to be aware of the *Bandha* and eventually perfect its execution consciously.

Practice this exercise for 3 rounds of 30 to 60 breaths each, with a possible longer and very gradual increase. At the end of the breathing exercise, return to the sitting position and maintain it for around 60 seconds, with your concentration on the Sahasrara Chakra (Crown Chakra).



Contraindications: heart problems, serious pathologies of the hips.

Benefits: helps in perfecting Mula Bandha, bringing about all the benefits of Mula Bandha.

Mula Bandha creates a centre of stability that is both physical and psychic; it generates an ascending energy movement and favors purification and wealth. Useful in case of incontinence, menstrual pain, prostate ailments, prolapse of uterus and other organs or inner muscles of the pelvis; precious tool during pre-menopause and menopause and to reduce the effects of andropause. Anti-aging practice par excellence. The perineum is the physical location of Muladhara Chakra, it's the foundation for all that is above. The benefits of this gesture, when correctly and gently performed, are inestimable.