

Yogic Breathing

Fountain

Starting Position: heels joined and toes separated; with your feet at a 90 degree angle. Your wrists should be crossed about 20–30 cm from your stomach.

During the abdominal phase of inhalation, your wrists rise to the height of your throat. Your heels are still on the ground.

When your hands are near the throat or a little higher, at almost at the level of the eyes, your wrists rotate and the palms of your hands come forward.

At the same time, your breath expands in the ribcage, and the heels rise from the ground. Your arms and your heels reach the point of maximum elevation at the end of the inhalation.

Then your arms open laterally, the gesture has the maximum possible amplitude. Your arms and your heels lower down in synchronization with the exhalation. Your hands should remain anterior to the line of your shoulders.

Practice from 7 to 21 repetitions, for a maximum of 3 series.



Contraindications: serious osteoarthritis of the big toe; marked hallux valgus.

Benefits: improves your equilibrium and the all-round perception of your body, refines awareness of the barycentre, sense of verticality, and coordination of movement; reinforces your feet; deepens and perfects respiration in a very special way.