

Pranayama

Double Spiral

Starting Position: Standing, with your feet parallel and hip to shoulder width apart. Arms open in a rounded shape, with elbows softly bent and pointing outwards, hands at the height of the navel and palms facing up.

The movement of the arms is initiated and directed by the shift of the barycentre. Imagine you are holding two cups full of water in your hands. In the movement, the palms should always face up so that no water spills out of the cups.

Start to inhale and shift your barycenter backwards, bending forward at the hip joint and bending the knees (optional). Follow the movement of the barycenter with the hands and extend the elbows at the end of the movement. Gaze forward.

Continuing the inhalation, move your barycenter forward while extending the knees, the hip, and then progressively the whole spine, circling the arms up. Let the arms cross above the head as you move the pelvis forward and keep the chin at the chest, then open the arms wide to the side (palms still facing up). Only when the shoulder blades are down, extend the head back, completing the movement. In the last phase of this movement, depending on your breath capacity and the rhythm of the movement, you might be in full breath retention.

As you exhale, let your barycenter slowly shift back and the arms move down, coming back to the starting position.



The movement happens in an uninterrupted flow. Repeat 11–21 passages for a maximum of 3 repetitions.

Contraindications: some cases of acute lumbago, lumbar region related slipped disc.

Benefits: increases fluidity, coordination and especially perception and awareness of the barycentre.