

Pranayama

Fast Abdominal Breathing with Mula Bandha

Starting Position: erect, with your feet 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 Crown Chakra.



Contraindications: significant heart troubles and pulmonary issues; inflammations in the abdominal area; spastic colitis, diverticulitis, ulcer, Crohn's disease, etc. To be practiced on an empty stomach.

Benefits: purifies the respiratory channels, increases digestive functions, and helps in perfecting Mula Bandha, bringing about all its benefits; having a gentle energizing effect, it prepares the mind for concentration and meditation.