

Pranayama

Locomotive

Starting Position: standing, with your feet parallel and hip-width apart.

While inhaling, bring your arms upwards without stretching them (keep a comfortable angle at the elbows). Follow the movement of your hands with your eyes and tilt your head backwards.

While exhaling fast and energetically through the nose, bend your knees in a spring-like motion and bring your arms down. Your eyes keep following the movement of the hands and the head moves forward and down.

Keep repeating the movement and gradually increase the rhythm.

The exercise starts slowly and increases velocity to its maximum during the central phase, and then slows down again at the end.



At the end of this exercise, stand still (with your eyes open) for 1-2 minutes, breathing naturally, and observe if you feel centered.

Repeat a minimum of 11 breathing rhythms; increasing progressively up to 70, for a maximum of 3 series.

Contraindications: dizziness, cervical arthrosis, shoulder periarthritis, heart troubles and blood pressure troubles.

Benefits: this breathing is a real “wake up” for the body. It increases the level of oxygen in the blood, regenerates the psychic energy, purifies respiratory tracts, strengthens the muscles, loosens up the shoulders and stimulates the heart.