

Pranayama

Purifying the Cranium

Kapalabhati Pranayama

Starting Position: seated in a comfortable position. Become conscious of abdominal breathing and the area between your stomach and the navel. Raise your chin as if looking at an object placed above the level of your eyes. Keep your jaw and gaze relaxed.

Breathe in and then, using the abdominal muscles exhale very rapidly and completely, with force and fluidity. The abdominal movement flows in an inward and upward trajectory.

In the video, two variations of the final phase are shown: with empty and full retention.

For empty retention complete the final exhalation and remain in a state of suspended breathing. Maintain this condition with a silent mind until the body requires a new breath. It is important to practice this without force.

For full retention, complete the final exhalation, wait for a few seconds, and then inhale completely. You can deepen the inhalation by pressing the hands against the thighs. Then apply the Tribandha and without forcing hold your breath until you feel the need to exhale. Always leave yourself enough time to release the Tribandha before you exhale.

Begin by practicing a minimum of 10-20 continuous breaths, gradually increasing to a maximum of 180 continuous breaths.



Contraindications: significant heart troubles and pulmonary issues; inflammations in the abdominal area; spastic colitis, diverticulitis, ulcer, Crohn's disease, etc. Should not be practiced on a full stomach (as is the case for most Pranayamas, especially energizing techniques.)

Benefits: profoundly purifies the respiratory channels, greatly energizes and prepares the mind for concentration and meditation, increases digestive functions and helps reduce excess weight; particularly useful for those who are lazy, demotivated, always tired and inactive.