

Yogic Breathing

Purification with Fire

Agnisara Kriya

Starting Position: sitting, where possible in the Thunderbolt Posture.

It is about quickly moving the abdominal wall towards the vertebral column and releasing it as quickly. The bellybutton is the centre of this exercise; it should move backwards and then back forward with a certain rapidity, such as to generate perceptible heat. It is possible to repeat from a minimum of 30 to a maximum of 60, 100 and also 150 contractions, but increasing the number very gradually.

Moreover, the exercise should be executed respecting the general principle of Yoga practice: never force; therefore avoid excessive stresses, forced or snapped movements. Even in this case, maintain fluidity and softness. To execute the exercise with a partial empty retention can create a little advantage; anyway proceed with caution and in no hurry.



Contraindications: inflammations in the abdominal area; spastic colitis, diverticulitis, ulcer, Crohn's disease, etc. Should not be practiced with a full stomach (as is the case for most pranayama, especially energizing techniques.)

Benefits: purification and activation of the intestine and all the organs of the abdominal area. Favourable action in case of constipation, even chronic.