

Yogic Breathing

Rotating the Head

Starting Position: sit with your back well aligned.

During this exercise, perform a full circumduction of the head from right to left, then swing your head from the left shoulder to the right and repeat in the opposite direction.

Synchronize movement with breathing, Inhaling in the first half of the movement and exhaling in the second half.

Synchronize your gaze with the movement.

Perform this breathing exercise for 3-5 minutes.

At the end of the exercise, move your chin towards your chest, check your alignment and pause.



Contraindications: labyrinthitis and some acute cases of cervical arthrosis.

Benefits: refines integration between movement and breath, increases mobility of your neck and shoulders and helps to prevent diseases in that area. Deepens and creates rhythmic breathing, supports entry into the Alpha state.