

Shatkarman, Bandha and Mudra

Cheeks Gesture

Starting Position: in the beginning, one can use any Sitting Position.

Inhaling, separate the teeth and stretch the cheeks, but keeping the lips united.

Exhaling, the cheeks close without inflating and without using the masticatory muscles, performing a gesture similar to the one that is necessary to compress something soft between the lips.

The movement of the cheeks is related to the one of the abdomen: inhaling, the abdomen expands, exhaling, it closes and withdrawn.



Contraindications: none.

Benefits: this practice is useful for a better execution of Bellows Breathing exercises.