

Pranayama

Head Up, Head Down

Starting Position: seated; if possible in the Thunderbolt Pose. Check your alignment.

While inhaling, move your chin away from the sternum. While exhaling, bring your chin towards the sternum. The movement of the head originates from the ischia.

Synchronize the movement with your breath. Synchronize your gaze as well.

Practice for 5-10 minutes.

After the last forward movement of the head, pause and breathe lightly. Visualize a dot 30-40 cm above the head and let the inner gaze guide your head to a neutral position.



The exercise can be performed for 15 minutes or more.

Contraindications: labyrinthitis and dizziness.

Benefits: this exercise fosters a proper and synergetic relationship between your head and the mental level with the rest of your body and its functions. It increases the mobility of the cervical area, prevents disorders in the neck and shoulder region, improves expressive capacities, and supports entry into the Alpha state.