

## Pranayama

# Full Yogic Breath: Seated

**Starting Position:** sitting, with your head and spine aligned. Maintain a general state of relaxation, in particular of your eyes, jaws, shoulders, pelvis, and lumbar region. Your knees should be lower than your navel. A correct posture is the foundation for correct breathing.

Place one hand on your abdomen and the other on your sternum to better sense the body movements induced by your breathing.

Visualize your torso as a flexible and empty vessel, and your breath as water. When inhaling, your breath rises from the bottom up, first filling the abdomen and then the chest. When exhaling, your breath comes out from top to bottom, like water being poured from a glass.

The flow of your breath is slow and constant, without suspension, neither quickening or slowing down. It is uniform. The perception of the breathing primarily concerns the lateral side of your torso. Imagine the movement of an accordion. The inhalation is complete and never forced. Exhalation is also complete, and in the last phase the abdomen is slightly drawn inwards.

Practice from 3-10 minutes.



**Contraindications:** none.

**Benefits:** improves tissue oxygenation; decreases the number of breaths per minute. Facilitates blood and lymph circulation, creates a balance between the internal and the external, increases mobility, activates the joints and muscles in your torso.

*Abdominal Breathing:* stimulates biological activity and creates an increased awareness of it.

*Thoracic Breathing:* relation with the outside world, activity, and interest for that which surrounds us.

*Clavicular Breathing:* relation with the symbolic plane.

The three phases together in a continuous flow create the Full Yogic Breath.

The practice of Pranayama is an important step on the path to purifying consciousness. It is a shift in perception from the material to the energetic.

The slowing down and deepening of your breath gives a regenerating pause to your vital organs. A slow and delicate breath is the key to longevity.

**Question:** why do some people get more nervous when they relax?

**Answer:** when the nervous system is regularly overstimulated, the endocrine system continuously produces stimulating substances, e.g. adrenaline (the two systems are directly connected through the pituitary gland). A relaxation phase may initially bring a nervous/endocrine short circuit that brings with it symptoms like anxiety, depression, weekend migraine.