

## Pranayama

# Piston

**Starting Position:** your feet apart and parallel, starting with your right arm lifted up. The same arm leads the sequence of breaths, the exercise will then be repeated with an equal number of breaths on the other side.

When the leading arm comes down, exhale. Inhaling when it comes back up.

Your head and gaze always follow the leading arm.

Your exhalation is complete and fast, your breath is expelled fluidly with strength.

When your arm is raised keep your shoulders relaxed.

The arm that comes down moves beyond the line of the hips.

Execute up to 21 repetitions for each arm, repeating 2 cycles.



**Contraindications:** labyrinthitis, serious heart troubles, shoulder arthrosis–arthritis.

**Benefits:** a type of bellows breathing, it has a stimulating and balancing effect on the energy system; it increases mobility of shoulders and torso, purifies the respiratory tract and particularly affects the upper part of the lungs.