

Pranayama

Rotating the Arms

Starting Position: seated with crossed legs. Exhale completely, round your spine, and join your forearms from the elbows to the wrists. The palms of your hands are facing up, your elbows come as close as possible to the navel and your chin is on the chest. Your lungs are empty.

While inhaling, rock your pelvis forward, circle your hands inwards, and let the elbows open outwards. As you complete the inhalation, stretch your arms in front of you and lift them up crossing the thumbs. Follow your hands with the gaze. In the final position your arms are relaxed, the elbows slightly bent and the neck gently extended.

While exhaling, tilt the pelvis backwards, stretch your arms forward as you start lower them to the floor and draw the belly in. While completing the exhalation, bend and open the elbows, circle your hands inward (as to brush the belly from the bottom up), join the elbows and move the chin to the chest to return to the starting position.

First join your forearms together with your elbows moving towards your navel, and lastly, move your chin towards your chest. Your exhalation is complete.

During every breathing cycle, the pelvis performs a full tilt forwards and backwards and your eyes follow the movement of your hands. Perform this breathing for 2-10 minutes.



Contraindications: none, excluding practical impediment.

Benefits: helps develop and become aware of a complete exhalation; improves the mobility of the muscles of the torso, shoulders and neck; fosters deep psychophysical relaxation.