

sabrina jo atto

PRIVATE + GROUP YOGA

Dirga Pranayama - 3 PART BREATH

1. Find a comfortable seat or come to lying on your back.
2. Close your eyes or soften your gaze (Soften the gaze means to release tension from the eyes. Try taking the eyes back - inward toward skull, rather than keeping them focused and intense, open your peripheral vision.)
3. Take your hands just under your navel and allow them to rest on your lower belly. Imagine that there is an innertube around this part of the body.
4. Begin to take an inhale through the nose imagining that the innertube is filling with air. Feel the expansion.
5. As you exhale imagine the innertube deflating. Feel the drawing in.
6. Sit for a few moments with awareness of the breath and the sensations.
7. Then imagine the innertube is around the lower ribs. With each inhale imagine the innertube filling with air. Feel the ribs grow and expand all around.
8. As you exhale imagine the innertube deflating. Feel the ribs contract and draw inward.
9. Let your awareness linger here for a moment.
10. Next, bring your hands to the collarbone. With each inhale imagine the collarbone and upper back filling with air.
11. On the exhale feel the chest/collarbone draw in.
12. Sit for a few moments with awareness here.
13. Now connect the breath. On an inhale imagine the innertube filling up from the lower abdomen to the top and on an exhale imagine the innertube deflating from top to bottom.
14. Sit now with awareness of the wave like breath.

Practicing this daily, if even for a couple of minutes, is an awesome exercise for getting in touch with full steady breathing and can help you reduce or relieve your anxiety.