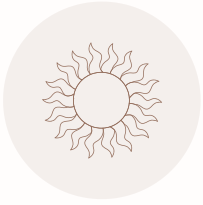


# Pranayama: Full Yogic Breath



## Instructions

Done on an empty stomach.

Begin to notice the inhale and exhale of the breath. The coolness of the inhale and warmth of the exhale through the nose. Close the mouth and slowly and deeply, breathe into the belly.

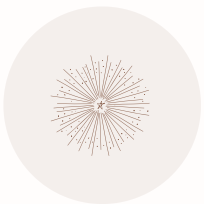
As you deepen the breath, you will feel your abdomen expand until the it begins to open in all directions. After you sense the fullness of breath in the abdomen, bring your awareness into the lower portions of the lungs and ribs, guiding the lungs and ribs to open in more depth outward and down.

As the inhale expands, it will naturally arrive to the chest and notice the hear and clavicle rise.

Now behind this process of exhaling the breath. Expel the breath from the abdomen, bringing the diaphragm towards the spine and progress through the chest and upper lungs.

## Progression

Begin with 2 cycles of 5 and increase up to 2 sets of 30.



## Contraindications

detached retina, glaucoma

high or low blood pressure

heart problems, nose bleeds, hiatal hernia, pregnancy, menses