

## BREATH 1

**FULL YOGIC BREATH** (*Important to do at the beginning to get the mind, body, energies ready!*)

Settling in...

- 1) Yawn a few times
- 2) Lie down or sit comfortably
- 3) Let breath come and go

First steps...

- 1) Notice inhale and exhale
- 2) Notice the cycle of breath

Developing awareness...

- 1) Notice the pause after inhale and before exhale
- 2) Notice the pause after exhale and before inhale

Rooting to energy **SUBTLE** lift

- 1) Follow inhale from base of spine to crown and reverse for exhale
- 2) Exhale: Notice soft hollowing of belly & lower back ease
- 3) Exhale: notice how it affects pelvic muscles

Rooting to energy **ACTIVE** lift **DO THREE ROUNDS**

Exhale 1: sense drawing inwards & upwards (*actively do it if not feeling it*)

Inhale 1: Gentle Grip as inhale

Exhale 2: higher lift and squeeze

Inhale 2: Release.

## BREATH 2

Rib action, and abdominal vacuum therefore sucks pelvic organ up. Not to be done on days 1,2 of menstrual cycle or pregnant.

- 1) Inhale 1: Open ribs
- 2) Exhale 1: keep ribs big
- 3) Inhale 2: widen ribs
- 4) Exhale 2: push ribs bigger
- 5) Inhale 3: relax, 3 rounds of yogic breath and repeat 3-5 more times pending strength

How to implement for real life: Exhale when lifting anything heavy, sitting up, big movements



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