

Benefits:

Strengthens Abdominals; encourages fuller breathing; increases awareness of breathing, gives better air exchange and clears out waste out of the body.

Time to Do: 10 seconds – 5 minutes. (As long as you'd like!)

Body Parts Used by This Posture: Abdominals

Try Warming up with: Abdominal Lifts

This Posture is Good Before: Yoga Sessions; relaxation; bed

This Exercise is Good During: Sex! (Try matching your abdominal breathing with your partner's breathing!)

Good After: Yoga Session

Builds you up for: Breathing with the whole body; postures that require abdominal strength

Energy Center Used Belly Center (Navel)



This is one of the most important yoga breathing exercises. It makes your breathing fuller, (even when you're not doing the exercise) – which is healthier and more relaxing; it makes you aware of your breathing and more in control of it; it builds your abdominal muscles; and it helps you focus your energy toward your navel. And, it's easy to do! If you do no other exercises in yoga, this and the abdominal lifts will take you far!

Yoga Snack

Waiting in traffic, standing in an elevator, standing in bank line ups, waiting on hold on the phone, washing the dishes. You can do this exercise anywhere, any time!

Abdominal Breathing

Level 1 / Posture 1

Start

Lying on your back. Your neck, spine & legs lined up with each other.



OR Start

Seated or Standing.
Your neck & back lined up with each other.



Push belly **Out** to breathe in
Squeeze belly to breathe out

Only your belly is moving.
Chest is still

HOLD

No hold as such

I recommend you **continue for 1 - 3 minutes**

THEN

Go faster!
Half a dozen times

THEN

Even faster!
Half a dozen times

Common Errors

Not lining up the head, body, hips & legs in a straight line before starting.

Allowing the chest to do some of the breathing.