

Sacral Breathing

Sacral Breathing teaches you to use your lower back for your breathing. It is essential for complete mastery of your breath and for being able to breathe comfortably when in certain poses, (like twists). As you become more able to engage the sacral muscles for breathing, you will learn to release stress in your lower back and sacrum, holding less tension there and allowing these areas to become more fluid. With that, you'll free the energy you've been using toward the tension there. It also assists your journey toward more awareness of your spine. Before studying Sacral Breathing, it's helpful to learn Abdominal Breathing first and to practice poses that help release the lower back and sacrum, like the Leg Fold, Puppy, Side to Sides and Rabbit, (to name only a few).

Main Benefits:

Paces and relaxes breathing; trains breathing with the whole body; instantly calming; focuses the mind quickly; loosens sacrum.

Body Parts Used by This Posture: Abdominals; Chest – front, back and sides; Neck and Shoulders (somewhat).

Combines Well with: Happy Baby, Dead Bug, Reclining Butterfly, Hip Opener, Leg Over 1 & 2, Side to Sides, Knee Stretches

Compensating Pose: Leg Fold 1

Warms You Up for / Builds You Up for: Plow 1, Plow 2, Shoulder Stand 2, Shoulder Stand - Full, Chant 1, Chant 2, Breathing into Your Spine

Build Up to with / Warm Up with: Abdominal Breathing; The Wave; Core Breathing; The Sponge; Abdominal Lifts 1 or 2; Leg Fold 1 or 2; Spider 1 or 3; Side to Sides, Knee Over, Knee Stretches; Leg Over 1 or 2; Puppy; Downward Dog; Cat 1 or 2; Moon Salutations; Standing Wide Angle / with Twist; Frog; Jumping Frog; Twists; Eagle's Feet; Full Eagle;



Good for These Practice

Goals: Better Breathing, Chair Friendly, General Yoga Practice, Flexibility of the Lower Back & Sacrum, Office Friendly, Pregnancy Fitness, Seniors, Clearing, Cleansing & Energizing the Belly Chakra; Chanting at the Belly

Recommended for These Health Conditions: arthritis & osteoporosis in general; compressed disc in middle or lower back; allergies, asthma, bronchitis, lung removed, pneumonia, rhinitis; chronic lower back injury, menstruating (having your period) at this moment; and, of course, sciatica.

Best Breathing Themes: Red Level Breathing Theme 2.5; Orange Level Breathing Theme 6.5; Yellow Level Breathing Themes 11, 12, 13; Green Level Breathing Themes 15A, 15, 15B, and Breathing Themes 21, 22B and 23

Best for Flexibility or Strength: Flexibility

Traditional Pose Type: Breathing Exercise

Energy Center Used: Belly Center

Try Learning First: Abdominal Breathing; The Fountain; The Wave

Part of the guided Serenity Yoga program? Yes

Sacral Breathing (Continued)

**This is a simple exercise that can be done anywhere, any time you have a minute.
For any session, do it as long as you like. 1 – 3 minutes is good.**

Ideally, in Child Pose

But you can also do this lying down **or** sitting with your back supported by a wall or a chair.
Take a moment to relax into place - feel your body sinking down, letting go as you breathe out.

Once you're settled:
Breathe in and bring your attention to your lower back.

As you breathe in notice your lower back, your sacrum, expanding slightly with the breath in.
Allow it to float open, stretching gently.
Feel how the expansion spreads across the width of your lower back / sacrum.

As you breathe out, notice the weight in your hips sinking down, letting go, your sacrum dropping.

Do this for 1 – 3 minutes (or as long as you like!)

