

Simple Breath

Level 1 Difficulty

A simple way to warm up your breathing, Simple Breath is a pose that just about anybody can do. It loosens your shoulders, neck and spine while toning up the breathing muscles throughout your chest. Great for frozen shoulders. A good substitute for *Simple Side Bend*. We also use it in *Serenity Yoga* as a compensating pose after postures like *Standing Wide Angle* and the *Frog*.



Great with **Breathing Theme 5** for a strong workout, and with **Yellow Level Breathing Themes** to train pacing the breath.

Yoga Snack

1 – 3 repetitions of Simple Breath, any time, anywhere you need a refreshing break. Use *Breathing Theme 5 – Extending with the Breath* for best results.

Basics



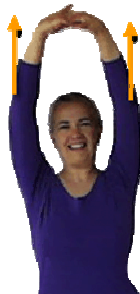
Start in Mountain Pose

- Legs together
- Arms by your sides
- Remember your Pelvic Tilt.



Next

Link your fingers together in front of you
Palms facing out



Breathing in

Rotate your arms upward, like a wheel turning.

The movement is complete when your arms are reaching upward, in line with your ears.

Keep breathing in,

pressing your palms toward the ceiling

feeling your arms, shoulders and spine lifting as you fill your chest with air

Pause

As you pause, keep your palms reaching

Breathing out

Float your arms back down to your sides, like a bird sinking its wings. (You don't have to exhale all your air, just as much as feels normal.)

Feel the weight in your shoulders sinking down with your arms.



Key Keep your palms pressing outward for the best stretch.

Tip Try moving smoothly, in rhythm with your breath.

Encouragement

Don't worry if your arms can't fully reach upward, if they don't fully come in line with your ears. The more you practice this pose, the more your shoulders will release and the full reach will become possible.

Breathing Tips

To use *Breathing Theme 5*

Once you've breathed in, try to get a little extra air in and a little extra stretch up. This gives you extra energy and builds strength in your breathing muscles.

To use *Yellow Level Breathing*

Breathing fully and deeply, move in rhythm with your breath.

- As you start breathing in, start moving your arms upward, timing it so the breath is done when your arms are fully overhead.
- Remember the pause in your breathing. When you pause your breathing, pause your movement.
- Breathing out, start floating your arms down to your sides when you start breathing out. Time it so you've finished breathing out as your arms settle down to your sides.

This teaches you grace and trains you to pace your breathing, so that you take your time with your practice and you get the most out of each breath.

Common Errors

- Rushing the movements and the breathing. The more time you take, the more refreshing this pose will be and the more it will train better breathing.
- Not taking the time to line up properly in Mountain Pose before you begin. Failing to do so reduces the amount the stretch can release the muscles in your back.

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Benefits	Releases neck, while loosening & strengthening the breathing muscles in the chest. Loosens spine. Warms up breathing for any workout.
Time to Do	30 seconds or more.
Best Breathing Themes	Great with <i>Breathing Theme 5</i> for a strong workout, and with <i>Yellow Level Breathing Themes</i> to train pacing the breath.
Body Parts Used by This Posture	Neck, Shoulders, Biceps, Obliques, Spine
Warms You Up for	Simple Side Bend
Builds You Up for	Better Breathing, Simple Side Bend, Puppy, Triangle 1, Triangle 2, Modified Side Stretch 1, Modified Side Stretch 2, Bust Expansion, Chest Expansion, Chest Expansion – Leg Extensions, Back Bend 2, Back Bend 3, Pelvic Lift – Bridge Pose, Bow 1, Bow (Full Bow), Rocking Bow, Back Push Up (Wheel)
Compensates for	Frog, Standing Wide Angle
Follow with	Any workout.
Energy Center Stimulated by This Pose	Solar Plexus, Heart, Throat