

Deep Belly Breathing

Recommended for all dosha types

Deep belly breathing is one of the most important practices in all of yoga. Babies naturally breathe this way, however as we get older and experience more stress, we begin to close down this deep feeling breath and instead breathe up higher in the lungs. Due to the connection of belly breathing and the 2nd Chakra (center of emotions) it makes sense that when learning to breathe this way again, it may have more emotional reactions than you might expect! Be gentle with yourself, and take your time.

Directions:

Make sure you are wearing comfortable clothing and have on no belts or tight waistbands. Lie on your back with your feet on the floor and your knees pointed up. Allow the knees to

gently rest against each other. Feel a natural, comfortable curve in your low back. If you would like, place a small pillow beneath your head.

Bring your right hand to your low belly with your thumb on your navel and the rest of the fingers resting comfortably. Slowly allow yourself to settle your awareness into the low belly. Notice if you feel any movement here at this time. Notice if it feels complete or shallow. Now imagine that there is a balloon under your hand, and as you inhale, you blow the balloon up, allowing the belly to go upwards into your hand. As you exhale, slowly deflate "the balloon", allowing the breath to be released naturally until the end where you draw the navel in tight towards your spine. Do not hold the breath and again, allow the breath to be comfortable and gentle.