

# A Word About Breathing

*Yoga Solutions*

*A Word About Breathing*



**The benefits of proper breath work depend on regular practice and develop gradually and cumulatively.**

**t i p :**

**Just as you will benefit more from yoga if you do not push your body to do a posture it is not ready to try, be aware of your breath capacity. Go slowly and listen to your body.**

## **In and Out**

**1.** Sit upright or lie down with your legs straight and slightly apart, your toes pointed comfortably outward. Close your eyes and melt your shoulders melt away from your ears.

**2.** Place the hands on your abdomen. Bring your attention to your belly, feeling it rise or expand gently on inhalation and fall or recede on exhalation.

**3.** Keep the focus on your breathing “being with” each inbreath for its full duration and with each outbreath for its full duration.

**4.** Every time you observe that your mind has wandered off the breath, notice what it was that took you away and then gently bring your attention back to your belly and the feeling of the breath coming in and out. If your mind wanders away from



the breath a thousand times, then your “job” is simply to bring it back to the breath every time, no matter what it becomes preoccupied with.

**5.** Practice two to five minutes daily whether you feel like it or not, for one week. You’ll be amazed at the results!