



# Rising Sun Yoga

## **Breathe!** **By Barb Pierce**

Diaphragmatic breathing is one of the single most important things we can do to improve our physical and emotional health. It is also very natural once you learn the technique. Most people do not take full breaths (chest breathing) or breathe so quickly that they do not fully oxygenate their bodies.

### **Part 1- Focus on the Breath**

Try this breathing exercise each time you sit down, and notice how your concentration improves and how much calmer you will feel.

- Sit cross legged or in a chair with your feet firmly on the ground.
- Sit up tall, with your back neutral
- Place one hand on your upper chest and one hand over your navel

- Begin breathing through your nose without altering your breath in any way.
- Notice what you notice.
- As you focus on your breath, your breath will naturally begin to slow - don't force it.
- Practice this for a few breaths

### **Part 2 - Deep Abdominal Breathing**

Inhale deeply through your nose so that the hand over the navel pushes out like a balloon before the hand on your chest is pushed outward.

Exhale deeply through your nose and notice how your navel comes back in towards your spine before your chest comes in.

Repeat this sequence as long as you want and notice how your breathing continues to slow, your concentration improves and your heart rate slows down.