

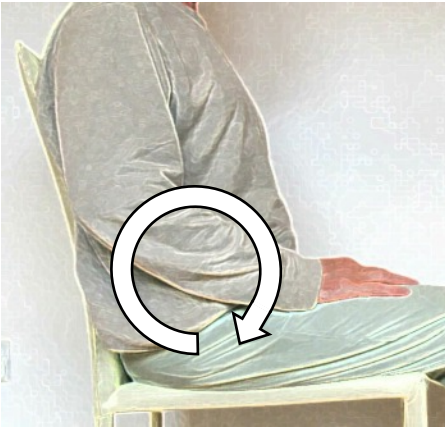
Circular Breathing

Sit comfortably on a fairly high chair, closer to the front if the seat is deep.

Feet should be just beyond your knees and at shoulders' width.

Lean down into your feet, then sit upright keeping the soles planted against the floor.

Hands rest on thighs, palm up or down, crown of head drawn up.



Inhale, drawing up perineum as in pelvic floor exercises.

Continue to inhale, strongly drawing up the front of the spine.

Still inhaling, move the attention forwards when you reach the base of the ribs.

As you begin to exhale, gently sink the attention down the front of the abdomen.

Begin again, clenching and lifting strongly during the in breath, and relaxing during the out breath.

Continue for several minutes if possible, and then rest, breathing gently and letting your attention settle in the low abdomen. Repeat daily if you can.

Once you are familiar with it, you can perform it standing or sitting when you are able to be still for a couple of minutes during the day - supermarket queue, washing, whenever.

Regular use will build up energy and strengthen the low back and abdomen.

