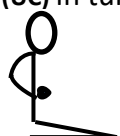



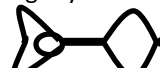


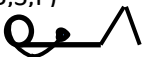

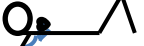

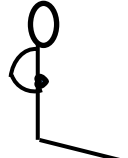










## Pranayama Class One - the basics of Sectional Breathing

1	2	3	4	5
<p>Place hands on and breathe into <b>upper abdomen (UA), mid-chest (MC) and upper chest (UC)</b> in turn</p> 	<p>Raise arms to 90° to facilitate breathing into upper abdomen</p> 	<p>Place hands onto upper abdominal area and breathe into that area</p> 	<p>Open arms out to sides to facilitate breathing into mid-chest</p> 	<p>Join soles of feet together and hook fingers together above head. Pull on fingers on in breath to engage breath in to mid-chest area, release slightly on out breath</p> 
6	7	8	9	10
<p>Raise arms behind head to engage UC breath</p> 	<p>Stretch arms above head and flex toes up towards body to engage UC breath</p> 	<p>Place hands on UA and breathe into <b>Front, Sides and Back (F,S,B)</b> of that area and out of <b>Back, Sides and Front (B,S,F)</b></p> 	<p>Place hands on MC and breathe into F,S,B of that area and out of B,S,F</p> 	<p>Place hands on UC and breathe into F,S,B of that area and out of B,S,F</p> 
11	12	13	14	15
<p>Breathing into F,S,B, of UA area and out of B,S,F</p> 	<p>Breathing into F,S,B, of MC area and out of B,S,F</p> 	<p>Breathing into F,S,B, of UC area and out of B.S.F</p> 	<p>See next action: Count 1 as you breathe into UA, 2 as you breathe into MC and 3 as you breathe into UC, hold breath in for 3</p>	<p>Follow instructions at 14 from cat ready position</p> 
16	17	18	19	20
<p>Count 1 as you breathe out of UA, 2 as you breathe out of MC and 3 as you breathe out of UC, hold breath out for 3</p>	<p>Posture below for exhalation: Progress to a count of 2 in each area for both in and out breath i.e. count to 6 and pause for 3; progress further to 8/4/8/4</p> 	<p>Holding hands on and breathing into F,S,B, of UA area and out of B,S,F</p> 	<p>Holding hands on and breathing into F,S,B, of MC area and out of B,S,F</p> 	
21	22	23	24	25
<p>Holding hands on and breathing into F,S,B, of UC area and out of B,S,F</p> 	<p>Breathing into UA, MC and UC areas as arms are taken overhead. Breathing out in same order as arms are returned to sides</p> 	<p>Complete breath from a lying position</p> 	<p><i>Lying relaxation starting with count into each area (1 UA, 2 MC, 3 UC) and continuing complete breath rising to 6,6 ratio and then 9,9 ratio</i></p>	<p><b>Each action in this practice could be done six times.</b> Note about 9,9 ratio – this means count 3 as you breathe into UA, 3 as you breathe in MC and 3 as you breathe into UC and reverse.</p>

Tips: Cat move (17) – start movement from tailbone working up body in line with direction of breath; Starting position for 4 is position for 2 (arms up to 90°), starting position for 6 is position for 2.