

Yogic Breathing Protocol for
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BREATHING TECHNIQUES CONDITION

**SITTING IN EASY YOGA POSE (Learning How to Breath and Sitting in an Easy
Cross Legged Position)**

1. **Easy Yoga Pose.** Cross legs in easy yoga pose, sitting on as many blankets as necessary to bring knees below hips.
2. Bring your awareness to your breath and observe it flowing in and out of your nose as you **Inhale** and **Exhale**.
3. Place one hand on abdomen and other on heart. **Exhale** by pulling abdomen inward, back toward spine.

To **Inhale**, release the inward abdominal pull and allow belly to swell gently forward into your hand. Try to keep the hand on heart from moving. (Do not press belly forward, keeping it strain-free)

4. Place palms on side of chest, level with bottom of breastbone. Fingertips are barely touching the chest. **Exhale** deeply. Then **Inhale** deeply and expand chest, trying to move fingertips away from the midline of chest. Make chest round. Notice how chest expands in all directions - sideways, forward and backward, and upward. As you **Exhale**, gently squeeze rib cage inward with hands.
5. Place palms on side ribs and as you **Inhale** feel the ribs expand into your hands. As you **Exhale** feel the side ribs contract toward the center of your body.

6. **Inhale.** Then **Exhale** fully. This empties the lungs and creates room for a deep Inhalation.
7. To **Inhale**, relax the abdomen and allow the belly to gently swell forward a little. Do not do anything. Don't press belly outward. Simply release the inward pull of abdomen. Air will come in effortlessly.
8. Then aim the breath upward into chest and expand chest, rounding it; and slide your shoulder blades down your back. Do not shrug your shoulders upward. Keep them down and relaxed.
9. To **Exhale**, allow ribs to relax, and release the air slowly and gently pull your belly in.
10. Now make the **Inhalations** and **Exhalations** even and fluid as if your breath was like water flowing in and out.

LYING IN CROCODILE POSE (Feeling the Breath on Your Stomach).

Lie on your stomach with your arms stretched out before you and the palms touching. Rest your forehead on the ground. **Inhale** and **Exhale**, bringing your awareness to your breath and the rise and fall of your stomach. As you **Inhale**, notice that your stomach expands pushing your spine off the ground. As you **Exhale**, notice that your stomach contracts pressing your spine and chest towards the ground. Breathe here for 10 full breaths.

SITTING IN EASY YOGA POSE (Expanding the Exhalations)

1. Come back to **Easy Yoga Pose**. And continue the easy breathing.
2. **Inhale** for four beats. Now **Exhale** for four beats. Concentrate on the breath in your belly and move the breath up toward your chest. When you **Exhale**, feel the

breath sliding down your back, bring your shoulders down and your shoulder blades together down with the **Exhalation**.

3. **Inhale** for two beats and **Exhale** for three beats.
4. **Inhale** for two beats and **Exhale** for four beats.
5. **Inhale** for three beats and **Exhale** for five beats.
6. **Inhale** for three beats and **Exhale** for six beats.

EASY YOGA POSE SQUARE BREATHING (Learning how to expand the spaces between the Breath)

1. **Inhale** for four beats
2. Hold the breath for two beats
3. **Exhale** for two beats
4. Hold the breath for two beats
5. Repeat the sequence but hold the breath for three beats
6. Repeat the sequence but hold the breath for four beats

SUPPORTED BRIDGE POSE (Learning how to Lift and Open the Chest Cavity and Free the Breath in the Upper Lungs)

1. Lie down on your back with your knees bent and your feet flat on the floor directly under your knees.
2. As you **Inhale**, let the breath travel up your chest from your belly. As you **Exhale**, let the breath travel down your back to your tailbone.
3. Lift your arms directly toward the ceiling and stretch one arm at a time, expanding the muscles away from your spine.

4. Lift up your hips and place the block directly under your sacrum and rest your sacrum on the block.

(You should feel totally comfortable resting on the block).
5. Stretch out your arms, lining your arms up with your shoulders, palms up and fingers slightly curled up.
6. Roll the ball of the humerus (the upper arm) toward the back plane and flatten your upper back and shoulder blades to the floor.
7. Close your eyes and breathe evenly, using four beats for the **Inhalation** and four beats for the **Exhalation**.
8. Take twenty full breaths here.
9. Lift your hips and remove the block. Then come down on your back, one vertebra at a time.
10. Tuck your pelvis forward so that your lower back is resting on the ground.
11. Bring your knees up to your chest and wrap your hands around you shins, and then draw your forehead toward your knees.
12. Then roll over to one side and come up to your hands and knees.

CHILD'S POSE (Learning how to Breath in a Relaxing Pose)

1. Sit back on your heels.
2. Press your buttocks into your heels and extend your spine forward.
3. Extend your arms in front of you, resting them on the floor.
4. Rest your forehead on the floor or on a block, if your head does not reach the floor
5. Take long **Inhalations** (4 beats).

6. **Exhales** are longer (6 beats).
7. Engage Bee Breath (**Inhale** and then, with your mouth closed, **Exhale**, humming deep in your throat until there is no breath left.) Continue with your **Inhalations** and **Exhalations** this way.

SAVASANA (Corpse Pose) (Those suffering from hypertension, high blood pressure, heart disease, emphysema, a cold or throat congestion, or restlessness should place pillows under head) (Those suffering from sciatica pain or lower back pain should place a bolster under the knees)

EXPLANATION: Relaxation means recuperation. It is not simply lying on one's back with a vacant mind and gazing, nor does it end in snoring. It is the most refreshing and rewarding pose. The body, breathe, mind and brain move toward the equalization of mind, body, and breath. It is a state of stillness where the body, senses, and mind are controlled by you.

1. First achieve stillness of the body: Remove all restricting garments, belts, glasses, contact lenses, etc.
2. Sit with your knees bent and feet together and flat on a blanket spread out on the mat.
3. Draw an imaginary line down the center of your body from your legs all the way up to the crown of your head.
4. Gradually lower your vertebra, vertebra by vertebra along that imaginary center line until your back is totally flat on the floor.
5. Lift your hips slightly and lift your sacroiliac region, and with your hands, move the flesh and skin from the back of the waist down toward your buttocks.

6. Lift your arms straight up to the ceiling and stretch one arm at a time, feeling the muscles and skin move away from the center of your spine to the sides and spill like liquid butter on to the floor.
7. Adjust your head so that it is at the center, with your neck long and your chin slightly tucked toward your collarbone. Stretch out your neck, so that it is resting comfortably on the floor and that your head is resting comfortably with out your neck being pinched.
8. Join your heels and knees, the center of your coccyx, and your spinal column and the base of the skull, so that they all rest on this imaginary straight line down the center of your body.
9. Place the inner point of each shoulder blade to the floor. Roll the skin of the top of the chest from the collar bones toward the shoulder blades, so that your back rests perfectly on the blanket.
10. Take your spine from the center of your spine to your lumbar vertebra and rest them evenly on either side so that the ribs are spread out uniformly. Rest on the center of your sacrum so that your buttocks relax evenly.
11. Keep your feet together and stretch out the out edges of your heels. Then let your feet fall outwards. Your big toes should feel weightless. Do not force your little toes to touch the floor.
12. Keep your hands away from your body, forming an angle of about 15 degrees at the armpits. Bend your arms at the elbows, touching your shoulder tops with your fingers. Extend the back portion of your upper arms and take the elbows as far as you can towards your feet. Then lower your forearms and extend your hands

from your wrists to the knuckles of your fingers, with your palms facing up and your fingers curling up like the petals of a blossom. Keep your fingers passive and relaxed.

13. The feeling of lying on the floor should be as though your body is sinking into mother earth.

COVER THEM WITH BLANKET. IF THEY NEED PILLOW OR

SOMETHING UNDER THEIR KNEES, THIS IS THE TIME TO DO IT.

14. Remove tension from the back of the body from the truck to neck, arms, and legs. Next relax the front of the body from your upper thighs to your throat. Then from the neck to the crown of your head.
15. Experience lightness in your armpits, your groin, diaphragm, lungs, spinal muscles, and abdomen.
16. Gently move your upper eye lids toward the inner corners of the eyes. Relax the skin above them and create space between your eyebrows.
17. Keep the root of your tongue passive as in sleep and resting on your lower palate. Keep the corners of your lips relaxed by stretching them sideways.
18. Pay attention to your skin on your temples, cheekbones, and lower jaw and relax the skin, feeling as if the skin is melting like butter from the center of your face to the sides.
19. Breath evenly through both nostrils, **Inhaling** normally but **Exhaling** softly, deeply and longer than the **Inhalation**. Feel as if your breath is oozing from the pores of the skin on your chest.

20. Stay with an awareness of your breath and let the thoughts you have move in and out of your mind but let them go. Simply observe them.

SAY THE FOLLOWING IN A SOFT, MELODIC VOICE

“Like the darting movements of a fish in the water are the movements of the mind and intellect. When the water is unruffled, the image reflected in your mind is unbroken and still. When the wavers of your mind and intellect are stilled, the self arises undisturbed to the surface of the water, free of desires. At this stage of rest, the mind is free from fluctuations, and it dissolves and merges into your self, like a river emptying into the sea.”

COMING BACK TO EASY YOGA POSE

1. Slowly bring your consciousness back to your breath and notice that your breath is breathing you. Feel the contentment and peace of your body and mind.
2. Bring your knees up to your chest and slowly roll over to the right side, curling up into fetal position. Breathe slowly and deeply in this position.
3. Slowly, keeping your back rounded, come to Easy Yoga Pose. Make sure you are sitting on blankets if you need to.
4. **Inhale** for four beats up the front of your body, beginning at your belly and moving toward your collar bones. Then **Exhale** for four beats down the back of your body, drawing your shoulders down with your breath. Breathe this way for about 10 breaths.