

## Yogic Breathing

1. Start by practicing this technique laying on your back with one hand on your belly and the other on your chest. As you gain more experience, you can try this out in a sitting position.
2. Start by focusing on your natural breath as practiced in the first exercise.
3. Continue to practice the three stages of deep breathing sequentially.
4. With the next inhalation, think of intentionally sending the air towards the navel by letting your abdomen expand and rise freely.
5. Continue breathing and thinking of sending the rest of the air into the ribcage, allowing it to expand fully.
6. Continue to inhale the remaining amount of air you are able to by letting the collarbone and shoulders to rise up.
7. Exhale slowly by first dropping the shoulders and collar bone, then relaxing the ribcage and finally releasing the abdomen.
8. Repeat this for a few minutes.
9. Draw your attention to your hands as they rise and fall as you breathe.
10. You can start counting as you inhale and exhale, keeping the same ratio. For example, you can count up to 4 on each inhale and 4 on each exhale.
11. After a few repetitions, return to your natural breathing.

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