

FULL YOGIC BREATH

Full Yogic Breath is a deeply balancing pranayama, sometimes known as three-part breath because it works with three different sections of the torso and naturally engages all three lobes of the lungs. Full Yogic Breath revitalizes the entire body with prana.



HOW TO PRACTICE

- Choose a comfortable seated or lying position and relax the body fully.
- When you are ready, inhale slowly and with purpose, drawing your breath deep into the lower abdomen, starting from the pelvic floor and slowly allowing the breath to fill upward (toward the navel) and outward (away from the spine). Initially, focus only on filling the lower abdomen.
- As the breath fills this area, allow it to expand outward in all directions—to the front (expanding the lower belly), to the sides (expanding the hips), and to the back (expanding the lumbar spine and the sacrum)—as it moves upward toward the navel.
- Once the lower abdomen has filled completely, continue the inhalation by filling the mid-torso in a similar manner. Continue to draw the breath upwards, from the navel to the ribs, allowing the breath to gently expand the diaphragm, the ribs, and the mid-back as the breath continues to rise.
- Once the mid-torso feels full, complete the inhalation by drawing the breath into the upper chest—allowing prana to rise up into the heart, the sternum, and finally into the shoulders and the base of the neck. Feel the collarbones lift slightly.
- This completes the inhalation. Then, release the breath from the upper chest as the heart, lungs, sternum and shoulders all relax—dropping down and drawing in, toward the spine. Then, expel the breath from the mid-torso, feeling the ribs contract and the navel draw in, closer to the spine. And lastly, release the breath from the lower abdomen, feeling the belly contract and draw inward toward the spine.