KSENIYA TSOI

ABDOMINAL BREATHING

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BREATHING

Did you know when you were born, you were breathing abdominally? HOWEVER, due to fast-pace lifestyle, overthinking, being too much in our heads, and other external factors that effect mental and emotional state- inhaling moves up from the belly into the lungs and breathing gets shallow.

When practicing Yoga, exercise abdominal breathing. Abdominal breathing helps to calm the mind down. Abdominal breathing shifts the focus from the head into the body. On physiological level when air inhaled into the belly it creates space in abdominal cavity and relaxes abdominal organs. On exhales belly is pulled in, creates pressure an stimulates abdominal organs.

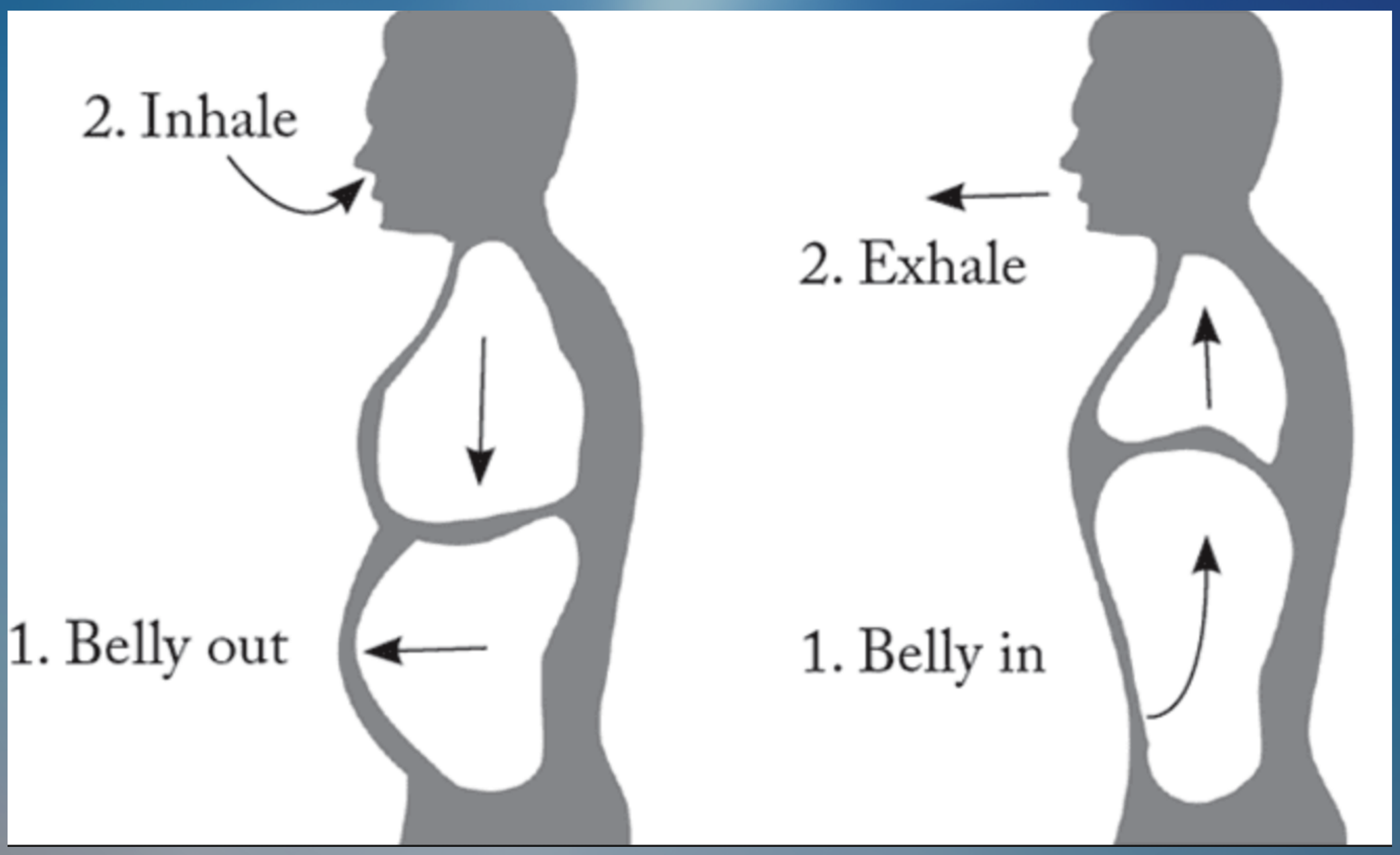
Abdominal Breathing

also called Diaphragmatic Breathing

- You can either be sitting, laying down or be Yoga pose.
- Align your spine so its straight, tuck your chin in lightly, broaden your shoulders.
- Place one hand on your belly and one hand on your chest.
- Inhale slowly through your nose into your abdomen, push the hand on your belly outward.
- On exhale, SLOWLY try to squeeze all air out with stomach muscles by pulling them in , feel your chest raising up.

Practice everyday, everywhere, be intentional with every breath you take!

Illustration

by Yuri Elkaim

Notice when we inhale into the belly our diaphragm lowers down and our lungs expand. Thus, larger area of our lungs gets saturated with oxygen. On exhale when belly is pulled in diaphragm raises up pressing into the lungs and helping to push Carbon Dioxide out.