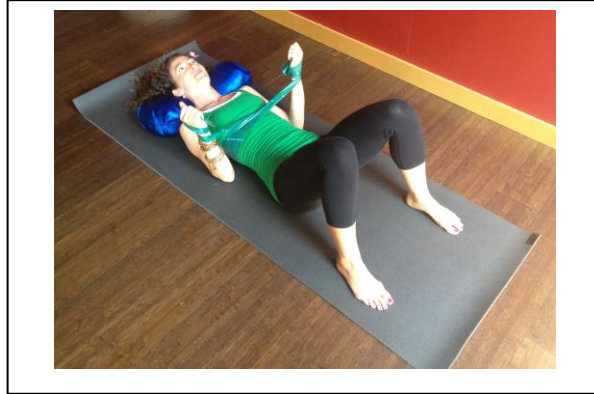


A Pranayama Breathing Technique From “Yoga Therapy and the Spine”
By Dr. Eden Goldman, D.C., C.Y.T., E-RYT500, Y.T.R.X.

360 Degree Resistance-Based Pranayama Technique



- Begin with the spine in a neutral position lying supine on the back with the knees bent.
- Dig the toes into the floor while keeping the feet flat.
- Externally rotate the arms and rest them by the side of the body with the palms facing up (known in physical rehabilitation as the Brugger relief position).
- Elevate the head slightly by resting it on a pillow and press the tongue against the hard palate about 1 inch behind the front teeth (known in yoga as *khechari mudra*).
- Place a Theraband or elastic device around the rib cage just below the level of the breasts as a proprioceptive feedback device. Use the hands to pull it tight like a corset to create an appropriate level of resistance for training and double wrap it around the hands on the other end for maximum grip.
- Like a balloon expanding in all directions, 360 degrees around the spine, proper inhalation technique fills and initiates the breath laterally and to the back of the body through the lungs, intercostals, ribs, chest and diaphragm. Apply extra grip force on the elastic band to train the respiratory system with resistance.
- Continue breathing deeply while keeping the sternum and the shoulders depressed and go through the remaining list of faulty respiratory actions cited below to correct any associated dysfunctions.
- Perform as many breaths as needed to improve habitual breathing patterns. Adapted from (Lewit, 1980).

Faulty and/or dysfunctional breathing actions include:

- 1) Lifting the chest and/or sternum caudally [toward the head]
- 2) Lacking a lifting up motion of the lateral ribs
- 3) Lifting the shoulders toward the ears
- 4) Excessive engagement/compensation of the upper trapezius, scalenes, or SCMs
- 5) Flaring of the lower ribs
- 6) Excessive migration of the umbilicus toward the head
- 7) Abdominal hollowing on inhale breaths (where the abdomen comes in and up instead of protruding out)
- 8) Under activity of the lower abdominals and pelvic floor

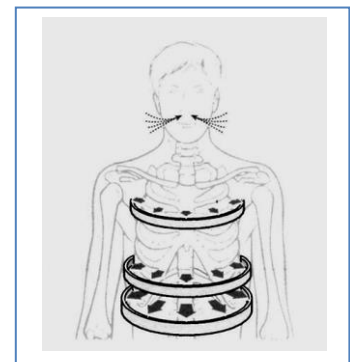


Image courtesy of the work of Craig Liebenson