

360 Degree Resistance-Based Prāṇāyāma Technique



Figure 10.
360 Degree Prāṇāyāma

1. Begin with the spine in a neutral position lying supine on the back with the knees bent.
2. Dig the toes into the floor while keeping the feet flat.
3. Externally rotate the arms and sit them by the side of the body with the palms facing up (known in physical rehabilitation as the Brugger relief position).
4. 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 khecarī mudrā).
5. Place a TheraBand™ or elastic device around the rib cage just below the level of the breasts. 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 each end for maximum grip.
6. Take a full inhale breath through the six directions in the lungs, intercostals, and diaphragm.
7. Continue breathing deeply while keeping the sternum and the shoulders depressed and go through the list of faulty respiratory actions cited above to correct any associated dysfunctions.
8. Perform as many breaths as needed to improve habitual breathing patterns. (Adapted from Lewit, 1980.)