Morning Routine - Breathing Exercise

Sit comfortably crossed legged or on a cushion/block with an upright spine, relaxed shoulders, supported neck and head.
Check your jaw and tongue are relaxed; keep the tongue soft and loose.
Hands rest on knees with thumb and forefinger touching (jnana mudra) or right hand in the palm of the left hand.
Become aware of the pelvic floor to pubic bone region.
Feel the pubic bone push down and your navel lift upright.
Focus your attention at the base of the pubic bone

- let the air empty out of your lungs through the nostrils
- upon empty, contract your pelvic floor and connect behind the pubic bone
- inhale as if air is coming in through your pubic bone
- feel the diaphragm work, upper abdomen expands, lower ribs move sideways, then chest fills
- let there be a one second pause after inhaling
- comfortably, slowly, smoothly let the air exit out the nostrils
- the muscles of respiration relax for the exhale and the pressure on the pelvic floor reduces
- energetically feel the “air” exit, moving up the spine and out the head
- towards the end of the exhale again gather the pelvic muscles to empty out the last bit of breath
- at the end of the exhale enjoy the pause, let it be natural
- with pelvic floor-pubic bone region contracted begin inhale process

© KAREN KURZMEYER | ALL RIGHTS RESERVED

Morning Routine - Breathing Exercise

- continue as described above that is one round, do 20
- start with the inhale and exhale at the same length
- grow the exhale to 1.5 times the inhale and later to double the inhale length
- do with eyes closed
- focus on entry and exit points (pelvic floor/pubic bone to crown)

Add this to your daily practice.
Do every morning and ideally before bed at night.
Try to do it every day.
You will begin to develop your respiratory system, soothe the nervous system and become more aware within.
If you wonder about enough time in the morning then get up 15 minutes earlier. ☺
This will give you more rest and energy than lying in bed.

This practice will only take 5-7 minutes but the reward is all day.
Enjoy!

© KAREN KURZMEYER | ALL RIGHTS RESERVED