

Yoga ~ India's Ancient Healing System

A 10 Minute Practice :
To help ease stress and improve digestion

Centering:

Sitting (*May also be done standing or lying down*)

1. **Sit** deeply down onto a cushion, blankets, pillow or chair
2. **Lengthen** up thru the spinal column
3. **Relax** the neck, shoulders, jaw, belly, low back, pelvic floor, buttocks, legs, etc.
Everything: everywhere
4. **Bring the mind to where the body is:** (right where you are, right now)
By.....



Complete Yogic Breath *or Diaphragmatic Breathing*

Breathe thru the nose in and out,
Inhale, Breathe deeply down into the pelvic floor, low belly, and low back
Continue **inhaling**: lifting the breath up thru ribcage and up into the shoulder blades and collar bones,
Then **exhale**, gently and evenly,

Once again, **inhale** down into the bottom of the trunk and lift the breath up into the torso fully;
From the Bottom thru the Middle into the Top
Think Circular,
Exhale

Again, **Inhale**,
thru the nose and expand the lower trunk in all directions,
flare the ribs and
open up into the lungs and heart,
Exhale: long, slow, complete

Listen,... feel
This is a very important part of the practice
Repeat a few more times

Practice every day
1-5 minutes

Benefits: Helps to focus the mind which interrupts the stress response in the body, activates the calming and cooling energies of the nervous system, uses the diaphragm as the main muscle to draw air into the body which allows the neck and shoulders to relax,
aids digestion., elimination, circulation, respiration.....

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