

Pranayama the breath of life

Free Spirit Yoga and Pilates

13354 237 A. St.

Maple Ridge, B.C.

V4R 2V9

Phone 604-463-0346

Email: julia@freespiritryoga.ca

Pranayama is one of the 8 limbs of yoga. It is the control, regulation and integration of your breath. It is the main energy source by which all life is sustained. It is your energy and that of your environment. As you inhale you take in oxygen and life's energy. As you exhale you expel the waste and by products of your body's metabolism.

Today the average persons breathing habits have been seriously deteriorated, ignored and abused. Most adults have lost their natural ability to breathe correctly and fully like they did when they were babies.

The air we breathe is designed to enter the human body via our nose. The fine hairs help filter the dirt, dust and pollutants out. Breathing through your nose moistens and warms the air before it enters your lungs.

The lack of oxygen and life force energy, usually resulting from inefficient breathing, reduces your natural energy levels. To breathe effectively you need to inhale through your nose, relax your body and keep your spine straight and long. Whenever you can, throughout your day, spend a few moments being conscious of your breathing habits. Focus your attention on taking full deep breaths, without force or strain. The simple act of focusing your attention on your breath will bring you renewed energy and a sense of well being.

Learn to let your tension flow through you. Tension is only a problem if it is trapped. Otherwise it is a positive force that re-energizes and motivates us to act. Quite often we block our capabilities by ignoring stress and tension and by refusing to allow them expression. Tension and stress get blocked in their passage through the body and cause many physical and emotional problems. Non-violent expression lets stress and tension flow through you and then leave without the toxic residue of tight muscles, joint pains and impaired breathing. Breathe actively when you are stressed, stretch and allow the tension to flow out through you.