



Kriya to Increase Lungs Capacity



1. Sit in Easy Pose. Raise your arms up, bending your elbows at a right angle. Then bend your wrists so that your palms are facing up. Hold this pose for 1 minute.

To end, take a deep breath and hold your breath for 10 seconds, exhale. Repeat 3 times, then exhale and hold your breath as you exhale. Draw in Mulabandha. Inhale, hold your breath briefly, and exhale.



2. Sit in Easy Pose with your hands in Venus Lock at the groin area. Do long deep breathing for 10 minutes.

With each breath, fully open and lift your chest. If you are not used to such full, deep, calm breathing, you will feel that the body needs time to adjust, and you may also experience slight dizziness. This rarely happens and passes quickly if it occurs. Concentration on the Brow Point will eliminate most imbalances in the body. If this condition persists, stop and make sure you are breathing properly. If you are new to the practice, you can breathe for a shorter period of time, stop briefly and resume the practice until you reach the required time. Very quickly you will learn how to breathe comfortably for the required amount of time and you will feel how stability, concentration and vitality increase. Immediately move on to the next exercise.



3. Sit with legs extended. Lean forward and grab your big toes. Inhale, exhale and hold your breath. Rock your belly as much as you can, then inhale and exhale again. Repeat 2 more times.

Comments: Exercise 1 directs energy to the lungs and heart. Exercise 2 uses energy to expand the volume of the lungs. Exercise 3 balances and distributes prana throughout the body. In the beginner class, do this sequence 3 times, but reduce the breathing time in the second exercise to 2-3 minutes.