



LUNG TONING PRACTICE

PRANAYAMA & MEDITATION

“Spending time studying the breath leads an added dimension to both psychological & physiological self-awareness...”

The way the air flows through the nostrils, through the sensory in the sinuses and past the frontal lobe of the brain sends reflexes to the lungs, nervous system, impacting the whole person on an emotional and mental level...

Personality types correspond to breathing patterns - when the mind is disturbed the breath is disturbed, then the flow of Prana (our life force) is restricted and the physical body is prone to disease. Breathing then becomes a potential tool for intervention in interrupting or controlling undesired emotional response patterns and illness in the body....

When the mind follows the flow of breath, one becomes aware of the reality all living beings share the same breath. There is a direct communication between the student and the centre of the cosmos....

The microcosm expands to become the macrocosm. Just like a drop of water unites and becomes the ocean.”

The Science of the Breath, by Swami Rama

Sitting with spine tall, sit bones in neutral flare and shoulders relaxed. Visualise the breath as two silken threads entering the nostrils, then leaving the nostrils going in opposite directions. Allow the threads to finish to complete the exhale & the inhale. For 1 minute

On an exhale blow out 100 candles through pursed lips, then 50 candles, then 25 candles, feel lower ribs drawing inwards, this then allows the diaphragm to drop fully on next inhale through the nostrils.

Feel the breath now low and wide (not in the chest). Practice 5-20 mins per day

LOWER LUNG TONING - EXTENDED JNANA MUDRA

Extend arms, wrists and 3 fingers - first finger and thumb touching at the tip. You may start to feel the breath is lower in the body - contacting the base of the lungs where majority of capillaries are exchanging oxygen/removing waste from the body (acids). Continue to complete threads for inhale & exhale - spending more time here can help reduce anxiety.



MID-LUNG TONING - JNANA/GYAN MUDRA

Keep thumb and first finger touching, soften extended fingers, wrists and elbows to draw back of hands mid-way up thighs. You may start to feel the breath shift to the mid chest - stimulating heart, blood flow and freeing heart space, awakening potential.



UPPER LUNG TONING - TSE MUDRA

Wrap thumbs into palms with all four fingers wrapping over them. Slide thumbs to sit at hip crease. You may start to feel the breath has lifted into the upper chest under collar bones. This can make you feel more aware & alert. However if feeling anxious, hypertension in heart, neck & shoulders shift to next Mudra. Aim to spend more time here when it feels at ease.



FULL LUNG TONING - PURNA MUDRA

From TSE Mudra bring knuckles together and little fingers sitting at base of breastbone, elbows wide & relaxed shoulders. You may now feel the breath complete (*purna*) in the 3 portions of the lungs. Keep the threads long and smooth, exhale completely. 5 minutes of full lung toning to improve breathing & detoxify.

