So lets start by taking in a big breath in through the nose and exhale out of the nose once you think that you’ve pushed all of the expired air, flex your diaphragm in towards your spine and push out more air. You know it’s  in there, let’s get it out.   You may even make as Himm sound..Next inhale slow and steady filling up your abdominal cavity then the chest. Now hold that breath in 1,2,3,4,5 now we exhale with force out of our mouths with a big AHHHH! Keep pushing out all of that expired energy out! Come on now fire your diaphragm and push out more air. Now hold 1,2,3,4,5.

Now let’s lie down on our mats head up eyes closed. Lets breath through our nose. Inhale 1,2,3,4,5 hold and exhale 1,2,3,4,5. Lets start our practice today by giving our bodies quality oxygen with quality technique. Ok? When we think of it always  take the time the time to allow our bodies to receive oxygen the it’s should. It’s not going to take up any of your time through out the day.

Do it while your standing in line at the store, driving in your car. That’s the beauty of this breathing exercise. You can practice it at any time any place. Breath with your diaphragm, when we do this it’s not only carrying nutrients to the cells and detoxifying we are also igniting our parasympathetic nervous system.  We are Repairing and calming the body. We are firing up our parasympathetic nervous system with each inhalation and exhalation.

We need to balance out our Over sympathetic nervous system.

Inspiration and expiration. Inspiration Breath in and feel the positive energy and and be inspired by the healing qualities of your breath. Visualize your cells receiving and growing stronger and repairing. Now as we EXPIRE out the toxins any negative energy that we have, EXPIRE No more negative energy. Get it out. Just like cleaning out the fridge of Expired, Spoiled perishable's. Same concept, We are tossing out Expired, Spoiled toxins from the body. This is the beautiful part of the repair process.  We grow younger and stronger with each breath in and each breath out. Always remember this practice and practice this every chance you remember. Now keep this Ujyai breath working for us notice the contact we make with the mat. Notice all of the pressure points of contact. Let the oxygen Inspire your body to burn up those

Expired toxins and start repairing what’s inside with Inspiration.  Lets add a little movement with this breath and start sending this energy to different parts of our body. Still laying down keep this breath of fire working and bring your knees up toward your chest, stretch your arms out to the sides and reach. With the next exhale when your ready with bent knees let your legs and knees make contact to the floor. Keep shoulders and arms on the floor. If it feels comfortable for you,you can straighten out your legs.

Now lets breath into the sensations that we are experiencing right now. We are energizing and stimulating the kidneys,liver and spleen. 3 minutes here. Now otherside. Now hands or arms around your knees and rock and roll. 7 times and sit up. Start class. Or this is great at the end of class. too