

3. NEURO-MUSCULAR BREATHING EXERCISES

POSTURE 1:

- (a) Sit in kneeling posture (Vajrasana) with the right big toe over the left big toe. Keep your knees close together. Rest your bottom comfortably between the heels. Join the index finger and thumb of each hand forming a ring stretch out the other three fingers (Fig.N-1). Fix the joined fingers in between the thighs and the abdomen (Fig. N-2) and other fingers over your thighs; Inhale slowly and deeply.



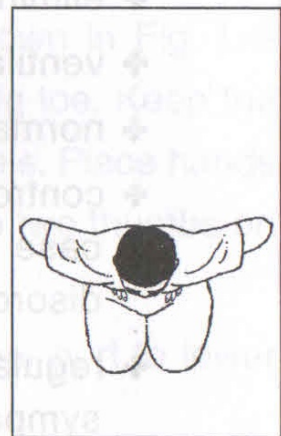
N-1



N-2



N-3

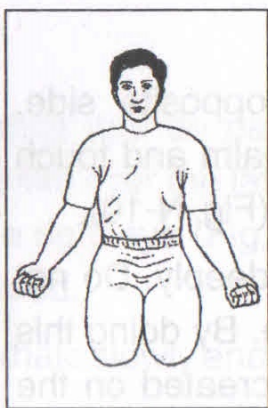


N-4

- (b) Exhale slowly and simultaneously bend forward as much as possible without any strain (Fig. N-3). Your bottom should not be raised off the heels. During bending forward, the spinal cord, neck and head should be in a straight position (Fig. N-4).
- (c) Then inhale slowly and deeply, and simultaneously raise the body to the upright position.
- (d) Do this breathing exercise 5 times.



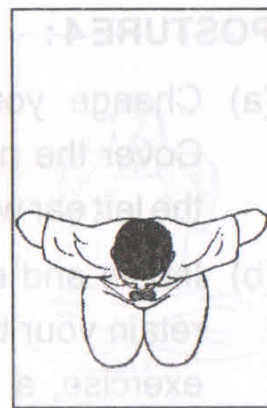
N-5



N-6



N-7



N-8

POSTURE 2:

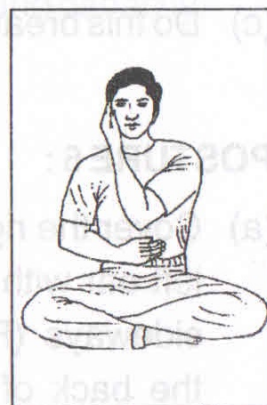
- Maintain the kneeling posture. Bend both the thumbs onto the palms of both hands (Fig.N-5). Close four fingers over the thumb (Fig.N-6). Keep the fists joined in your lap (Fig.N-7). Inhale deeply.
- Exhale slowly and deeply, and simultaneously bend forward (Fig. N-8).
- Then inhale slowly and deeply, while raising the body to the upright position.
- Do this exercise 5 times.

NOTE:

In both exercises (Posture 1&2), you should not bend your neck or head.

POSTURE 3:

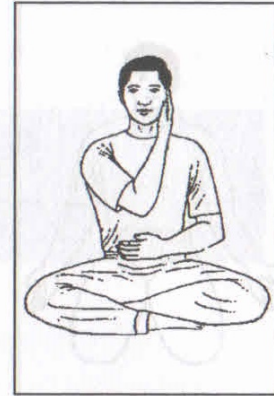
- Sit comfortably in a cross-legged position (sukhasana). Cover the navel with the right palm, and touch the right ear with the left fingers (Fig.N-9). Folded left arm should touch and press the left chest. Keep the body erect and face straight.
- Inhale and exhale slowly and deeply without retention of breath. By doing this, a slight pressure is created on the front of the left lung. When a deep breath is drawn, the back of the left lung and entire right lung are fully expanded.
- Do deep breaths 5 times.



N-9

POSTURE 4 :

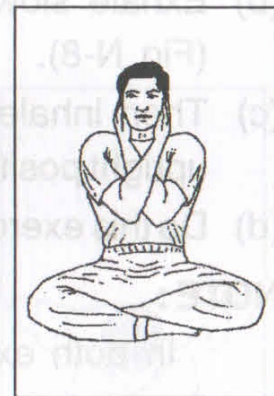
- (a) Change your hands to the opposite side. Cover the navel with the left palm and touch the left ear with the right fingers (Fig. N-10).
- (b) Inhale and exhale slowly and deeply. Do not retain your breath at any stage. By doing this exercise, a slight pressure is created on the front of the right lung. When a deep breath is drawn, the back of the right lung and entire left lung are filled with air and fully expanded.
- (c) Do this breathing exercise 5 times.



N-10

POSTURE 5 :

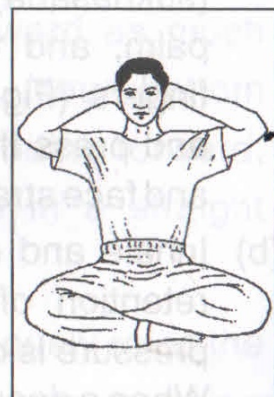
- (a) Touch the right ear with the left fingers and the left ear with the right fingers (Fig. N-11). Your left forearm should touch your chest and right forearm should be over your left forearm.
- (b) Inhale and exhale slowly and deeply. Do not retain your breath at any stage. By this exercise, back portions of both the lungs are fully expanded.
- (c) Do this breathing exercise 5 times.



N-11

POSTURE 6 :

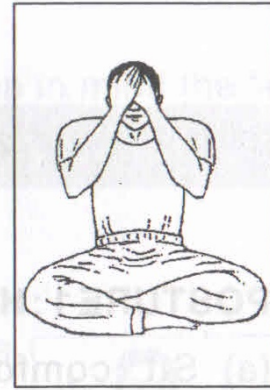
- (a) Cover the right ear with the right palm and the left ear with the left palm spreading the arms sideways (Fig. N-12). Fingers should touch the back of the head.
- (b) Inhale and exhale slowly and deeply. Here, both lungs are fully expanded.
- (c) Do this breathing exercise 5 times.



N-12

POSTURE 7:

- (a) Cup your hands and do palming of the eyes with the left palm over the left eye and the right palm over the right eye (Fig. N-13). The eyes should be closed.
- (b) Inhale and exhale slowly and deeply.
- (c) Do this breathing exercise 5 times.



N-13

NOTE :

In each of these seven postures, do not retain your breath after inhalation or exhalation.

BENEFITS :

- (1) The Neuro-muscular breathing regulates the endocrine system and oxygenises the blood.
- (2) It ventilates the lungs and increases the vital energy.
- (3) It helps curing headache, insomnia, asthma and other bronchial troubles.
- (4) Tiredness is not felt even after working for a full day.
- (5) Students are benefited in their studies due to increase in absorbing capacity, retention capacity and recalling capacity.
- (6) Functioning of the nervous system is improved.

