

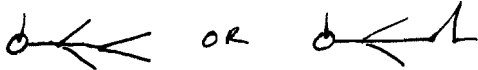
**Awareness of Breath and Movement of the Spine
Balance
from Kathy Ornish, 2006**

Stay connected with the breath during your balance poses, using the inhale to lengthen the spine, and exhale to re-establish stability. Keep the breath flowing to stay soft and focused.

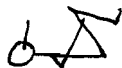
1. Notice your 4 curves of the spine while lying on the floor. Sacrum, Lumbar (curves away from floor), Thoracic (curves toward the floor), and Cervical (curves away from the floor).



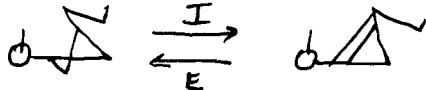
2. Deepen the breath and notice how it affects the movement of the spine.



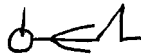
- 3 a) Exhale Awareness - Without movement, exhale and draw abdominals in. See its effects on the spine. Repeat 4 breaths



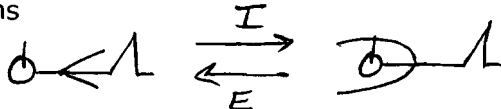
- b) Exhale Awareness with Movement - exhale and draw abdominals in while drawing knees to chest on exhale and knees away from chest on inhale. Repeat 8 breaths



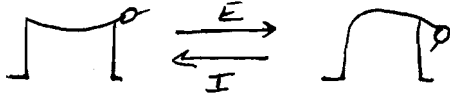
- 4 a) Without movement, inhale into chest and exhale engaging abdominals. See its effects on the spine. Repeat 4 breaths



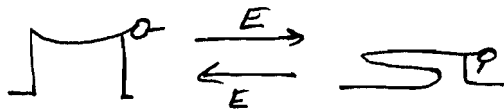
- b) Inhale Awareness with Movement - inhale and raise arms overhead noticing movement of upper back. 6 breaths



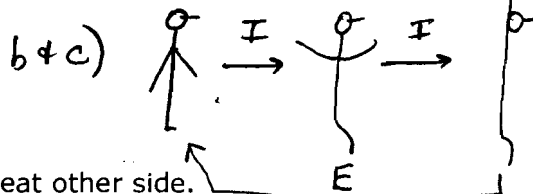
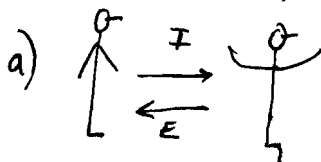
- 3 a) Exhale and Inhale Awareness - Inhale let spine soften towards floor/Exhale draw abdominals in and up and press low back toward ceiling, keep upper back more neutral. Repeat 4X



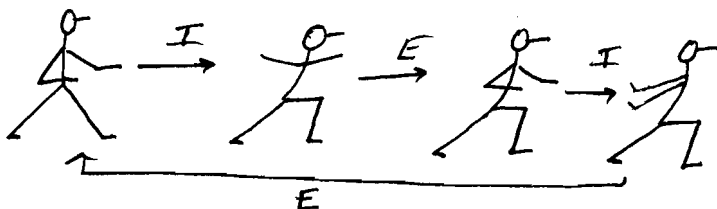
- b) Cakravakasana - Repeat 6X.



4. Tadasana - a) Repeat 2X with no stay b) Repeat 2X with no stay c) 2X staying 1 breath at *



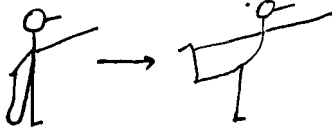
5. Virabhadrasana - Repeat 4X. Repeat other side.



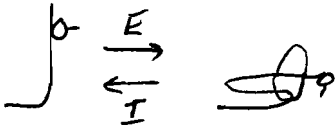
6. Uttanasana - Repeat 4X; Stay 2B



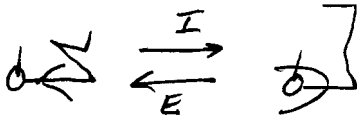
7. Natarajasana - stay 4 breaths. Alternate sides. Repeat 1X. Move gradually into pose.



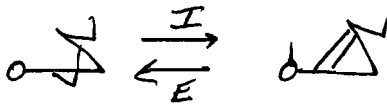
8. Vajrasana - Repeat 6X. Increase length of Exhale



9. Urdhva Prasarita Padasana - Repeat 4X. Increasing length of Exhale.



10. Apanasana - Repeat 6X



11. Savasana 3 - 5 minutes



12. Pranayama - Viloma Krama - 12 breaths

This pranayama involves segmenting the Exhale into two parts. I have given you an example of ratio, but remember, you can make the ratio whatever fits your ability; these numbers are only suggestions. However, please make the total exhale equal to or longer than inhale.

Inhale fully 6 or more seconds

Exhale 1/2 of breath in 3 or more seconds

Pause 2 seconds

Exhale 1/2 of breath in 3 or more seconds

Pause 2 seconds

Repeat 12 times

On Exhale, progressively contract abdomen, then release air from chest.

On Inhale, expand chest first then progressively release abdomen

13. Alternate Nostril Meditation 5 - 10 minutes

Let the breath find its own pace.

Become aware of the flow of breath.

Notice the touch of breath in the nostrils.

Begin to visualize the breath on inhale moving in your left nostril and touching the third eye.

On exhale, visualize the breath moving from the third eye and out the right nostril.

Repeat in the other direction - inhale right and exhale left.

Continue to visualize this breath, resting your awareness in the flow and the pathways.