

Abdominal Strengthening

Sit in a comfortable upright position moving through the sequence several times, building the number of repetitions slowly over time.

As you come to each instruction just perform that instruction solely, you are working your abdominal muscles independently of the breath. As a teacher you will have to find a good rhythm for students to follow.

1. exhale
2. contract abdominals
3. inhale
4. exhale
5. release abdominals
6. inhale
7. hold breath
8. contract abdominals
9. relax abdominals
10. exhale
11. inhale
12. hold breath
13. contract abdominals
14. exhale
15. release abdominals
16. contract abdominals
17. inhale
18. hold breath
19. release abdominals
20. exhale

Precautionary advice:

Do not perform this exercise if you are pregnant, have abdominal problems or during menstruation. Also take care if you suffer from heart conditions, particularly un-medicated high blood pressure or hypertension since breath retention can make the heart work harder, hold for only a second or avoid this exercise completely if it causes any internal tension at all.

Benefits:

We begin to learn to consciously control the abdominal muscles.