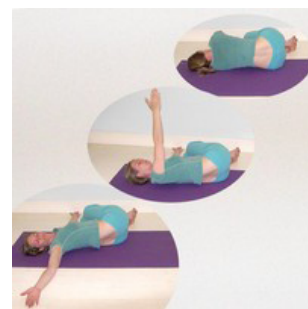


## Breath Inquiry in Jathara Parvritti, Revolving Stomach Pose

Here we start by lying supine with feet hip width apart, if possible we can bring knees over the abdomen. Place both arms by the sides of the body. Inhaling lift both arms vertically, exhaling lower both arms to sides into a cross position, palms down facing. Inhale then exhaling lower both knees to the left side, head turns to the right side. Then inhaling return the legs and head to the centre and exhaling twist to the other side. Practice this several times eventually keeping both legs to the left side, head to the right, placing padding beneath the thighs if needed. Check both hands are in alignment with the shoulders and turn the palms to face upwards.

Stay here for a few breaths simply noticing how the breath is moving the body. Observe where the breath is being most expressed.... Notice which parts of the body are being moved as you gently breathe.....As you breathe a little more deeply noticing where you can feel constriction.....Allow the body to relax as you focus upon the breath, let the inhale expand you and the exhale release you.....See what the best length and depth of breath is in this pose.....

Then when you are ready on an inhalation lift the right arm to the ceiling, your head following the movement, and as you exhale lower the right arm all the way down to the left side so both palms are touching and you are lying on your side. Take a few breaths here, breathing into your back.....When you are ready on an inhalation raise the right arm to the ceiling and exhaling lower it back to the right side....with your arms wide again take a few breaths here.. Check your shoulders are down upon the floor, your chest open, breathing as before, eyes closed.....Observing the breath moving the body in this position.... To come out turn palms downwards and inhale return the head and both legs back to central, exhaling lower the legs to the right side and practice as before.



Once you have worked both ways then finally spend a little time working as your body and breath would like by either staying on one side and consciously breathing and releasing or work dynamically moving from one side to other, with your head and knees rolling down on the exhalation and retuning to centre in the inhalation. Let your body and breath dictate your actions either staying or moving as you wish.

On completion of this exercise bring both knees to the central position, drop feet to the floor hip width apart, knees stacked above ankles, arms down by sides, inhaling curl the back from the floor, raising the hips into Setu Bandhasana (Bridge Pose), breathe gently here noticing how it feels to breathe in this position....observe whether the inhale naturally lifts and opens the body a little and whether the exhalation naturally encourages the body to close and release.....you may wish to slightly externally rotate the shoulders to open the chest noticing what difference that makes to the feeling of breathing here....now drawing shoulders open once against the ground slowly lower the spine to the floor one vertebrae at a time and then gently squeeze knees down against the body. Working with Apanasana (Gas Ejector Pose) place hands lightly upon the knees, inhaling knees move a little away from the body and exhaling they are drawn down against the body, continue in this way noticing how the breath in opens your body and the breath out closes the body..... Coming to rest.

### Cautions:

Lower back conditions: keep feet to floor as move from side and place blocks beneath the lower legs when staying

Pregnancy: If can lie supine minimise twist with lost of padding beneath thighs or sit in chair twist

Kyphosis or where the chin lifts in the twist: a block to be placed beneath back of the head.

**Benefits:**

Here we are learning how to register the breath in simple asana observing how the breath actually moves the superficial and deeper structures of the body. Any abdominal congestion is alleviated as tissues are squeezed and released, intercostal and chest muscles are stretched, releasing any constriction. We are also learning to work in accordance with our own body's needs rather than listening to the teacher as to when to move and how to breath, in this way students are being encouraged to listen to their upaguru, their inner teacher.