



Salutations to the Earth Basic Breathing Technique

Part One:

Begin by standing in Tadasana (mountain pose). Spend some time finding perfect balance feeling you are being held up as if you had a cord attached to the top of the head, lifting you upwards. Let the body be open and relaxed.

Now interlock the fingers with palms facing upwards, the hands placed wherever they naturally fall in front of the pelvis. Attune to the breath. Inhaling bending both elbows draw the hands up to throat level, palms still facing upwards, and exhaling turn the palms downwards straightening the arms downwards again. Keeping the arms straight & palms facing away inhaling raise both arms out forwards and up, overhead and then exhaling release the fingers and allow arms to float downwards to your sides through an arc. Begin again in a continuous flowing breath.

Work with the movement and the breath for a few rounds where students find their own rhythm then begin to work with the accompanying visualization.

Part Two:

Become aware of the earth beneath you.

- i) inhaling lifting hands to the throat you are drawing earth energy upwards through your body
- ii) exhaling as you lower both hands you are drawing earth energy downwards through your body
- iii) inhaling raising both arms to vertical imagining you are linking to the whole globe of the earth, saluting the earth as a conscious being
- iv) exhaling as you lower both arms to the sides you are saluting the link of the earth to the whole universe.

Precautionary advice:

None, except shoulder injury take care

Benefits

This technique mobilizes the shoulders, upper spine and ribcage, helping to establish a deep long steady breath and harmonious movement and breathing. It releases constriction within the breath, body and mind. Promotes concentration.