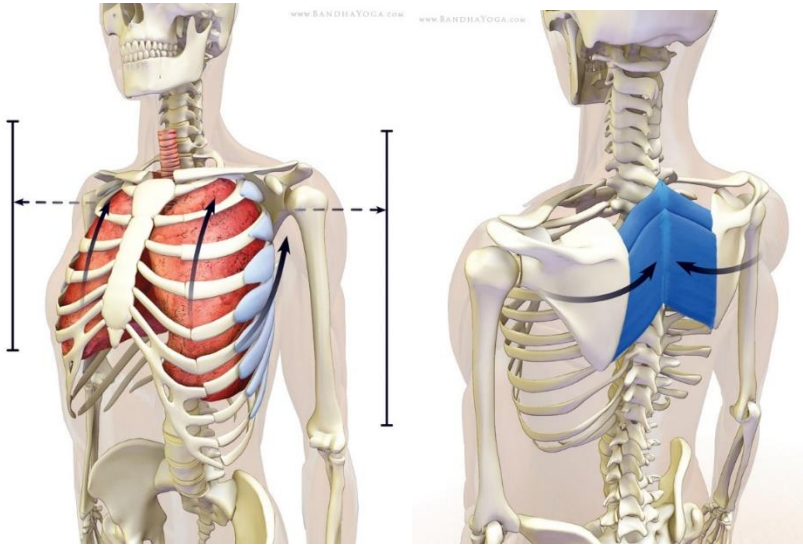


## A Cool Tip for Deeper Breathing in Yoga

Deep breathing (pranayama) involves a group of muscles that recruit when we need to take deeper breaths, say after a long fast paced walk, or running a sprint. Recruiting these muscles expands the chest to a greater extent than when using the diaphragm alone. The result is increased inspiratory volume and improved lung ventilation (on the alveolar level).



(Activating the serratus anterior to expand the lungs.)

Rest your hands on your thighs (while sitting). Now exhale naturally and then gently draw the shoulders back to bring the scapulae (shoulder blades) towards the spine. As you inhale, imagine pressing the sides of your shoulders and upper arms against an imaginary wall, like a doorframe. Feel how this expands your chest. Repeat this cue two more times.

Try this sitting first then slowly use when you inhale to raise your arms overhead from imagine pressing the shoulders outwards against a wall. Use this in your yoga practice too in Mountain and Downward Dog, and in other poses such as Urdva Mukha Svanasana (Upward Facing Dog).

Happy Breathing!

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