

SCP Breathing Class

Narrator: (Anne)

Hi, I'm Anne. I teach yoga at Stewart's Caring Place. Today, we'll be doing some yogic breath work. So find a good place to sit. You can sit on a chair, you can sit on the floor, you can sit on your bed. Find someplace that is quiet and comfortable. Once you find your seat do your best to sit tall. It's okay to support your back with pillows or a wall. And then bringing, bringing awareness to breath. So close your eyes or lower your eye gaze and witness the breath moving in and out. So first just an observation of breath. To help encourage a little bit deeper breathing, place one hand on the upper abdomen. So right below, right below the ribcage. As you breathe encourage breath towards your hand into the lower half of the lungs. So inhaling and exhaling. And we do this breath with no expectations, no judgment. The main focus is breath. Now place a hand on the collarbones. Think of breathing into the hand breathing into the space below the collarbones, rising and falling. Inhale... exhale... inhale... exhale... Now let's combine the two. One hand on the abdominal area, one hand on the collarbones. Do a preparation breath. So inhale all the way, exhale let it out. And then inhale into the hand at the stomach and inhale into the hand at the collarbones. Exhale collar bone hand lowers, stomach hand sinks back in. So Inhale. Breathe in to the stomach, fill all the way to the collarbones. Exhale. Collarbones lower, stomach comes back, and inhale stomach to the collarbones. Exhale collarbones, lower stomach sinks back in. So inhale start from the bottom and fill up to the top. Breathe out, empty from the top all the way down to the bottom. Do several more breaths like this... on your own time... Letting the hands relax back down. Do two more breaths together like that. inhale fill... exhale empty... inhale fill... exhale and empty. Next we'll breathe in for three counts and exhale for three counts. So check in on your posture. Doing your best to sit tall. Again preparation breath, inhale... exhale clear out those lungs and then let's inhale for one two three breathe out three two one inhale 1 2 3 exhale 3 2 1. So close those eyes inhale 1 2 3 exhale 3 2 1 one more time inhale 1 2 3 exhale 3 2 1. Next we'll add a pause between the inhale and exhale, so just a one, a one count pause. So again preparation breath inhale... exhale... inhale for 3, inhale 1 2 3. hold it, exhale 3 2 1 inhale 1 2 3 hold exhale 3 2 1. inhale 1 2 3 hold, exhale 3 2 1 inhale 1 2 3 hold, exhale 3 2 1. Then just return to your normal breath pattern. Awareness on breath, feel the breath moving in and out. Hopefully this breath brought you a sense of calm and know that you can do this breath on your own anytime. Thanks for joining me today. Namaste.