

PIGEON BREATH

This is a Dru Yoga breathing exercise that I use to relax my upper body and reconnect with deeper breathing. There are 4 parts to the movement. All breathing is through the nose, APART from the 'pigeon coo' in part 2. Avoid forcing or straining. Keep it comfortable.

Starting position:



Sit or stand with a relaxed, neutral spine. Interlock your hands under your chin. Look forward.

Tips: Putting it all together

- Can you make your inhalations and exhalations smooth?
- Can you use less effort?
- Can you 'allow' more?
- Can you relax more?
- Begin with several repetitions and build up to several minutes over time.

1

As you breathe in through your nose, raise the elbows sideways and feel an expansion in the ribs, chest and armpits.

Let go of your belly.

Think of this stage as 'pigeon wings'.



2



Breathe out through pursed lips - as if blowing out through a straw - slowly, steadily and evenly, until you have exhaled out all the air. At the same time, bring your elbows towards each other in front of you as far as is comfortable, allowing your chin and eyes to point upwards. Do not force your head back.

Think of this stage as 'pigeon cooing'.

3

In step 2 you breathed out all the air, creating a vacuum. Allow the vacuum you created to draw the breath in through the nose. Allow the head to tilt up a little. Allow the ribs to expand and the chest and belly to inflate.

Think of this stage as 'pigeon chest'.



4



Breathe out through the nose, relaxing back to the starting position. As you rest, scan for tension in your face, jaw, neck, throat, chest, shoulders, ribs, back, belly and pelvis. Melt the tension away. Notice where you let go. Breathe normally for a couple of rounds. Relax the arms if you want to. Notice any new sensations. Repeat steps 1 - 4.

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