

## Bikram Yoga Stratford

Bikram Yoga Stratford - Breathing exercises fall mainly into two categories. There are exercises which are energizing and invigorating and there are some that are relaxing and calming. Calming exercises are intended to quiet the mind and the body. Energizing exercises are intended to raise the body's metabolism. Normally, calming exercises bring air in slowly and the abdomen expands together with the lungs and the diaphragm. As more air is exhaled than was inhaled, the breathing is slowed. On the other hand, energizing breathing exercises include the rapid expansion of the lungs and the abdomen is pulled inward and breaths are held previous to being rapidly exhaled.

Yoga and various meditation practices employ calming breathing exercises. This kind of breathing could be helpful when attempting to reduce anxiety, insulate from crisis or control stress. Calm breathing can be achieved in practically any surroundings without drawing whichever attention. A typical relaxation breathing exercise is breathing deeply and slowly through the nose followed by long exhalation through the mouth. Often, this form of breathing exercise is most helpful when done with closed eyes in a quiet environment. Air is pulled into the abdomen. The abdomen then expands like a balloon and is exhaled to a count of ten. The body is triggered to relax itself when breathing into the abdomen takes place.

Additional breathing exercises which are normally performed for relaxation are fast belly breaths. In this exercise, the breather pulls air into the abdomen and feels it expand with their hands. The air is then breathed out in a few short bursts instead of one long stream.

When performing calming breathing exercises, the mind needs to be still. It is effective if one could make their body go limp similar to a wet noodle, as though it were melting into a giant puddle. For optimum outcome, no thoughts should interrupt all through these exercises. It is similar to being in a relaxed and meditative state. Relaxing breathing exercises can be utilized as an effective way of stopping and interrupting negative thoughts.

An exercise which can be utilized so as to quickly invigorate the body is a series of 3 or 4 quick breaths followed by one long breath. In order to maximize the benefit of this particular exercise, both the short breaths and the long breaths must be deep. This exercise could help perk people up in the mid afternoon when they tend to lose their energy.

A way so as to enhance lung capacity and overall metabolism is to include arm movement into the breathing exercises. It can be energizing to hold objects or do figure eights into the air or wave the arms while taking regular breaths. A similar effect could be acquired by breathing air into the lung while pulling the abdomen inward.

It is not uncommon for several people to feel light-headed or dizzy while performing breathing exercises. If that takes place, the exercises must be stopped at once. It is a good idea to consult with your medical doctor if you are interested in incorporating breathing exercises into your routine, just to be certain that no health issues will be aggravated.