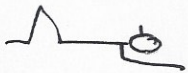


Breath Awareness Class Friday 16.30-17.45.

- How can you best support a pregnant student in class when doing pranayama.
- making sound - instinctive - enjoy it - don't have to do it well.
- exploration - notice response to breath.
 - change in awareness/state/nervous system/hormones.



• settling/sensing/noticing
 • inhale - exhale - pausing space.



lifting pelvis - exploring breath cycle
 moving on in/out breath.

yawning + rolling



• fish mouth - lips
 • mo-mu (Jaw)
 • meh-meh (mouth)
 • mi-mi (nose)

rocking/aching
 "mmmm"
 "ahhh"



"ssh"



"ahh"



Bramari
 Sliding pelvis



sitting on heels.

partner work
 Hare pose to chair



1. anchor pelvis
2. hand on sacrum + thoracic.
3. hands on shoulder blades -
4. walking fingers down spine



moving supported by breath



- sitting + sounding
- follow breath down head → perineum / pelvic floor
follow breath up.

• Alternate nostril breathing + options.

1. closing opening fingers.

2. closing one nostril - rest - repeat other side.

• Viloma exploration.

Mention Kumbhaka. (sense, short pause is o.k.).
Kapalabhati

- breathlessness, less space for movement of diaphragm
movement of ribs (elevate to create space) → rib pain.