

## Bikram Yoga Prince George

Bikram Yoga Prince George - Breathing exercises fall mainly into two categories. There are exercises that are invigorating and energizing and there are others which are calming and relaxing. Calming exercises are meant to calm the body and the mind. Energizing exercises are meant to increase the body's metabolism. Typically, calming exercises bring air in little by little and the abdomen expands along with the diaphragm and the lungs. As more air is exhaled than was breathed in, the breathing is slowed. On the other hand, energizing breathing exercises involve the rapid expansion of the lungs and the abdomen is pulled inward and breaths are held previous to being quickly exhaled.

Numerous meditation practices and Yoga utilize breathing exercises so as to calm the person. This particular type of breathing is most helpful to lessen stress levels, anxiety, and to insulate from crisis. Calm breathing can be done in practically any surroundings without drawing whatever attention. A typical relaxation breathing exercise is breathing deeply and slowly through the nose followed by long exhalation through the mouth. Usually, this particular type of breathing exercise is more helpful if performed with eyes closed in a quiet setting. Air is pulled into the abdomen. The abdomen then expands like a balloon and is breathed out to a count of ten. The body is triggered to relax itself when breathing into the abdomen occurs.

Additional exercises in breathing could be done for relaxation like fast belly breaths. These breaths are meant to pull air into the abdomen while being able to feel the expansion with their hands. The air is then breathed out in a number of short bursts rather than one long stream.

The mind must be still, when doing calming breathing exercises. One could help by permitting their physical body to go limp, as though it were melting. For optimum outcome, no thoughts should interrupt throughout these exercises. It is akin to being in a relaxed and meditative condition. Relaxing breathing exercises can be utilized as a helpful method of stopping and interrupting negative thoughts.

An exercise that can be used in order to rapidly rejuvenate the body is a series of 3 or 4 short breaths followed by one long breath. So as to maximize the benefit of this exercise, both the short breaths and the long breaths should be deep. This particular exercise could help perk individuals up in the mid afternoon when they have a tendency to lose their energy.

A way to be able to increase lung capacity and overall metabolism is to incorporate arm movement into the breathing exercises. It could 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 obtained by breathing air into the lung while pulling the abdomen inward.

Various people could feel light headed or slightly dizzy when doing breathing exercises. Exercises should be quickly ceased if that happens. It is a good idea to talk to your medical practitioner if you are interested in incorporating breathing exercises into your routine, just to be sure that no health issues will be aggravated.