

Golden Sun Belly Breath:

Benefits

- Instantly lights agni, and fires up your metabolism
- Promotes more energy and detoxification through deeper breathing
- Calms and focuses your mind, busts anxiety
- Brings new circulation to the belly area, improving digestive and reproductive health
- Tones the pelvic floor diaphragm, which can prevent loss of bladder control, uterine prolapse and BONUS

Instructions

How To: Come to sit on the floor or in a chair. Place your hands on your knees..

- Sit up tall. Begin to breathe a bit more slowly and deeply through the nose. You don't need a ton of oxygen here, so don't pump the breath too hard. Keep it slow and easy.
- Now, let's add the visualization. Close your eyes and imagine a heavy sun sitting in the centre and base of your pelvis. It's not touching the floor, but is a few inches higher, about halfway between the navel and floor.
- On your inhales, let the sun drop a little lower, softening your pelvis and infusing it with heat.
- On the exhales, without activating any of the muscles closer to the floor, but using the ring of muscles inside your pelvic bones, try and hug around that sun and lift it up behind your navel.

Note: especially if this is a new practice to you, or you've had children, the pelvic diaphragm muscles might be elusive at first. Don't worry, they will build in time, and you will begin to feel them, at first subtly, then more obviously. You might try squeezing the muscles of the more superficial pelvic floor, like you're trying not to go to the bathroom, but eventually you want to localize the muscular action higher than that.