

## Bikram Yoga Saskatoon

Bikram Yoga Saskatoon - Breathing exercises fall mainly into two categories. There are exercises which are invigorating and energizing and there are some which are relaxing and calming. Calming exercises are meant to quiet the body and the mind. Energizing exercises are meant to increase the body's metabolism. Usually, calming exercises bring air in little by little and the abdomen expands together with the lungs and the diaphragm. As more air is exhaled than was inhaled, the breathing is slowed. Conversely, energizing breathing exercises include the rapid expansion of the lungs and the abdomen is pulled inward and breaths are held prior to being rapidly breathed out.

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

Added breathing exercises which are usually done for relaxation are fast belly breaths. In this particular exercise, the breather pulls air into the abdomen and feels it expand with their hands. The air is then exhaled in a few short bursts as opposed to one long stream.

The mind must be still, when doing calming breathing exercises. A person could help by permitting their physical body to go limp, as though it were melting. For optimum results, no thoughts should intrude throughout these exercises. It is similar to being in a relaxed and meditative condition. Relaxing breathing exercises could be utilized as a useful means of interrupting and stopping negative thoughts.

One exercise that can be done to rapidly energize the body is by using a series of 3 or 4 shorter breaths followed by one longer breath. Both the short and long breaths must be deep, in order to maximize the benefits to the exercise. This exercise could help perk individuals up in the mid afternoon when they tend to lose their energy.

One way to be able to improve the body's overall metabolism and lung capacity is to use arm movements while performing breathing exercises. Holding objects or even waving the arms while doing figure eights while taking regular breaths can prove quite revitalizing. A similar effect could be obtained by breathing air into the lung while pulling the abdomen inward.

Several individuals could feel light headed or slightly dizzy when doing breathing exercises. Exercises have to be abruptly stopped if that happens. It is a great idea to confer with your medical practitioner if you are interested in adding breathing exercises into your routine, only to make sure that no health conditions will be aggravated.