

Supine Practice and Pranayama

Lie down on the back. Feet at pelvis width falling outward. We have decision to place palms on floor, arms at sides. Shoulders low, chin slightly tucked, long neck (Savasana).

And immediately, body weight cedes. Feel the caress of the breath. We inhale: the caress, from feet to head and maybe beyond. We exhale: the caress, from head to feet and maybe beyond.

After inhalation, the caress. Repose. After exhalation, repose. We try to deposit ourselves in those times of repose. I inhale, I feel the caress. Without effort. I feel the caress and deposit myself in the repose time.

The left leg appears. I flex the knee, foot slides and foot lifts; knee comes toward me. Right leg in prolongation of right glute, with foot very alive.

And I come with the ten fingers interlaced around left knee; forehead toward knee, knee toward forehead (Pavanamuktasana). Attention: abdominal belt very alive. Two or three respiration cycles here.

And I release, return, support head. Release hands. Leg extends and body weight cedes. Perceive sensations. Left, right... not the same. Let be.

The right leg appears to me, right knee flexes. Foot slides, foot lifts. Leg comes toward me. Ten fingers interlaced around right knee.

Feel weight of arms, weight of elbows, weight of hands; elbows relaxed, shoulders relaxed. Left foot very alive, as if pushing an imaginary object at ground level.

Forehead toward knee, knee toward forehead.

And abdominal belt very alive. Two or three cycles of respiration. And head returns.

x release, I extend leg. Feel reaction. Let be. Both feet x, both knees flex. Feet coming toward pelvis lift.

And we can x here two or three movements left and right, x stimulate lumbar zone, flatten it well and be able to locate pelvis well centered, well deployed.

Both hands come to x of legs. We'll place palm of hand on x of each foot (Ananda Balasana). Sole of foot deposits in palm of x. We take time to wait for dynamism in arms, shoulders to dissolve.

And then, we open toward x and right. Arms passive, shoulders relaxed. No need for great stretch; let x tell you how far's possible, how far's okay. Try to keep lumbar zone well adhered to floor.

And the x sway very alive. Feel energy of palm in sole of foot; energy of sole in palms. Face x, tongue free. I can feel inspiration, I can feel expiration.

And legs refold. I x feet. Both soles join (Baddha Konasana / Butterfly) and we pose x edge of feet on floor, near pelvis. Arms at sides.

Let legs decant. And feel the breath's x: from pelvis to throat on inhale; from throat to pelvis on exhale. I extend legs. x position.

I let postures we did act in me. x caress. Both legs flex; feet slide to locate at pelvis width, near glutes. Adjust parallel feet. x low, palms to floor.

Feet and fingers well anchored and pelvis takes off (Setu Bandhasana) toward x. Knees remain at pelvis width. And I'll come x balls of feet, on toes; heels lift.

I explore a bit more: pelvis rises yet more, x ascends. More yet, I explore. Don't block respiration, x. And at same time I'll unroll column vertebra x vertebra; heels lower, pelvis settles.

I'll separate x a bit more than pelvis width. Arms a x more open. And I'll let knees go towards the right. Head can x towards other side. Left knee seeks right foot.

If you have good opening, feel x breath's sway. We can try to keep abdominal belt slightly sustained when inhaling. x and head rise and I go left: x knee seeks left foot, head toward right. Soplo x. We notice abdomen slightly sustained, even when inhaling.

At your own rhythm, do x or two tracks. Knees and head return. I extend legs and let myself be x by deployment of sensations. Let body completely decant. Feel x body, floor, space around. No separation in feeling. Constat x.

Turn toward your best side to come to x position. We'll cross legs (Sukhasana / Siddhasana). Seated with or without support. Pelvis x vertical; a natural verticality installed.

In your feeling, x of skull locates just above coccyx. We come with index and thumb to x light pressure in circle (Jnana Mudra); x fingers distended. We place back of hands on knees.

x is cleared, shoulders relaxed. Chin slightly inward. And whole body inspires through both x.

And exhalation flows through left side, through left x. Whole body inspires at center through both nostrils. And exhalation flows toward right; right x, whole right flank.

We inhale x center through both nostrils. Exhale through left side. Inhale at center. Exhale flowing through right, right nostril. Continue so x rhythm.

There is no one who breathes. It happened in x. Inhalation happens in you; exhalation happens in you. Inhale center. I exhale flowing left. Inhale center. I x flowing through whole right side.

And already no more doing.

Thank you.