

Heart Opening Breath

This is a wonderful practice that can become a meditation too! It was something I learnt during my Yoga for Cancer training. So very gentle yet powerful to us all. And essential in times of difficulty.



Sit in a comfortable position. On the floor or chair or bed...just make sure you are comfortable and have space to turn to the right and left without restriction. If the feet are flat on the floor, check that they are balanced and firm. Check you are sitting tall, but without effort or tension.

Allow the eyes to close or the gaze lower.

Bring the hands over the heart centre - one on top of the other. Take a few breaths to really connect to your heart...the beat, the movement, the sound, and any feelings.

Allow the mind to quieten.

As you exhale, allow the top arm/hand to open out to that side. Inhale to bring it back.

As you exhale again, take the other arm out to the side, inhale to bring it back.

Continue in this way moving from one side to the other. It is not a twist as such but there will be a little movement from the waist.

Connect to the movement...it is gentle and not forced...but feel into the whole chest, front, back and sides.

Continue for as long as it feels comfortable. Simply going from one side to the other.

When you finish place the hands back over the heart and feel.

Apologies but I can't give the correct credits to the picture as I don't know where I got it..but thank you!