

LESSON - 7

PRANAYAMA

The following skills will be learnt in this lesson:

- Breathing activity
- Breathing exercises.

The benefits of slow and deep breathing can be obtained by systematic breathing pattern and it is called as Pranayam. It develops the ability of concentration and alertness.

BREATHING EXERCISES:

1. Stand in Samasthiti :-

Note: 1. Puraka : Inhaling

2. Rechaka : Exhaling

3. Kumbhaka : Holding breathing inside.



fig. 7.1

1. Inhale deeply and raise the hands forward to shoulder level parallel to the ground.

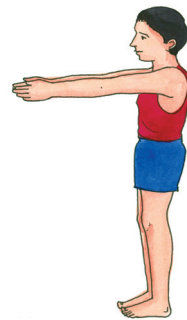


fig. 7.2

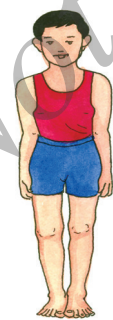


fig. 7.3

2. Exhale and let the hands down.

3. Inhale deeply and raise the hands sideways to shoulder level parallel to the ground.

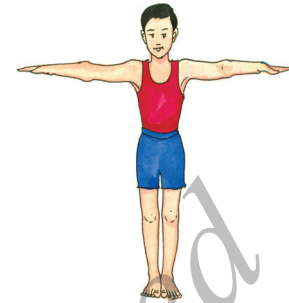


fig. 7.4



fig. 7.5

4. Exhale and let the hands down.

EXERCISE 2:

1. Inhale deeply and raise the hands forward in Namaskara position.

2. Exhale and raise the hands over the head and stretch as you can.

3. Inhale and let the hands down and come to the starting position.

Note: Repeat the same exercises inhaling and exhaling effectively.)

Note to the Teacher

Repeat the above Asanas and concentrate on the rhythmic breathing.



fig. 7.6

Activities : Ask the students to practise daily and adopt it in their life.

