

## Bikram Yoga Norfolk

Bikram Yoga Norfolk - Breathing exercises fall mainly into two categories. There are exercises which are invigorating and energizing and there are some which are relaxing and calming. Soothing exercises are meant to calm the mind and the body. Energizing exercises are intended to increase the body's metabolism. Usually, calming exercises bring air in little by little and the abdomen expands along with the lungs and the diaphragm. As more air is breathed out than was breathed in, the breathing is slowed. On the other hand, energizing breathing exercises involve the rapid expansion of the lungs and the abdomen is pulled inward and breaths are held before being rapidly exhaled.

Numerous meditation practices and Yoga use breathing exercises in order to soothe the participant. This type of breathing is most useful to reduce stress levels, anxiety, and to insulate from crisis. Calm breathing could be achieved in almost any surroundings without drawing any attention. A typical relaxation breathing exercise is breathing deeply and slowly through the nose followed by long exhalation through the mouth. Frequently, this particular form of breathing exercise is more effective if done with closed eyes in a peaceful setting. Air is pulled into the abdomen. The abdomen then expands similar to a balloon and is breathed out to a count of ten. The body is triggered to relax itself when breathing into the abdomen happens.

Additional exercises in breathing can be carried out for relaxation similar to fast belly breaths. These breaths are meant to pull air into the abdomen while being able to feel the expansion with their hands. The air is then exhaled in a number of short bursts rather than one long stream.

When performing calming breathing exercises, the mind must be still. It is helpful if one could make their body go limp similar to a wet noodle, as though it were melting into a giant puddle. For optimum outcome, no thoughts must interrupt in these exercises. It is akin to being in a meditative and relaxed state. Relaxing breathing exercises could be used as a useful means of interrupting and stopping negative thoughts.

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

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

It is not rare for various people to feel light-headed or dizzy while performing breathing exercises. If that happens, the exercises must be stopped at once. It is a good idea to consult with your medical physician if you are interested in adding breathing exercises into your routine, only to make sure that no health issues will be aggravated.