

## Bikram Yoga Brandon

Bikram Yoga Brandon - There are two major categories that all breathing exercises fall into. One category consists of breathing exercises which energize and invigorate whereas others are classed as calming and relaxing. To be able to quiet the mind calming exercises are performed. 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 breathed out than was inhaled, the breathing is slowed. On the other hand, energizing breathing exercises include the fast expansion of the lungs and the abdomen is pulled inward and breaths are held before being rapidly breathed out.

Yoga and several meditation practices utilize calming breathing exercises. This particular form of breathing can be helpful when trying to insulate from crisis, control stress or reduce anxiety. Calm breathing can be done in practically whatever surroundings without drawing whichever attention. A typical relaxation breathing exercise is breathing deeply and slowly through the nose followed by long exhalation through the mouth. Frequently, this particular kind of breathing exercise is more useful when performed with eyes closed in a peaceful environment. Air is pulled into the abdomen. The abdomen then expands like a balloon and is exhaled to a count of ten. The body is triggered to relax itself when breathing into the abdomen happens.

Additional exercises in breathing could be done for relaxation like rapid belly breaths. These breaths are intended to pull air into the abdomen while being able to feel the expansion with their hands. The air is then breathed out in a number of short bursts instead of one long stream.

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

One exercise that can be performed in order to quickly rejuvenate the body is by using a series of 3 or 4 fast breaths followed by one longer breath. Both the short and long breaths should be deep, to be able to maximize the benefits to the exercise. This particular exercise can help perk individuals up in the mid afternoon when they tend to lose their energy.

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

It is not uncommon for several individuals to feel light-headed or dizzy while doing breathing exercises. If that happens, the exercises need to be stopped right away. It is a great idea to talk to your medical physician if you are interested in adding breathing exercises into your routine, only to be certain that no health issues will be aggravated.