

# Practices for your personal life, yoga teaching, or therapeutic work with clients:

*“As you notice the lower lungs expanding with new freedom, trust the “opening to the unknown”. We need this Trust when we are committed to raising our vibration. Feel the new breath of life entering your Being!”*

*~ Julie Rost*



## Pranayama: Breathing Life Into Your Relationships

*The symbolic wisdom is there in every step of the inspiration:*

1. To breathe ... start by relaxing your lower belly, allowing it to soften and expand outward. **Notice and relax all that you hold tightly to. Surrender thoughts of lower vibrations (fear, doubt, shame, blame, judgment), making space for new expansion in your consciousness. Feel this softness in your soul as you release what no longer serves you.** Stay with this belly breathing as long as you need to, and return to it like a “coming home”.
2. Now notice how, when we breathe into the belly, the diaphragm (an umbrella-like organ below the rib-cage) lowers down, making room for the lowest portion of the lungs to expand and absorb more oxygen. **As you notice the lower lungs expanding with new freedom, trust the “opening to the unknown”. We need this Trust when we are committed to raising our vibration. Feel the new breath of life entering your Being!**
3. After breathing into the belly, and allowing the breath to rise into the lower lungs, now allow the rib cage to expand outward, freeing the middle portion of the lungs to expand. **Suspend any striving upward but instead a lateral expansion. Allow a sense of neutrality, witnessing, listening and “being with” what is as you commune with your own energy in this moment. Consider someone you have difficulty relating to. Remember that you misunderstand them deeply. Be on the same level with them. Remember that they know something you don’t know. Receive the wisdom you’ve chosen for them to teach you.**
4. With belly relaxed and rib-cage expanding outward, now allow the upper lungs to rise and fill to their potential, breathing in a little more than you thought you could. **Did you know you could elevate this high? Can you feel the fullness of life beyond your current reality? Notice any resistance to being your Highest Self, and how we doubt our worthiness, or fear our failures.**
5. Exhale easily, slowly and gently. **This process of elevating our consciousness is not supposed to be hard. It is a surrender to the sacred flow of Life. It is a letting go of the need to judge, change or fix ourselves or another human being. We can release the need to know or control the future but, rather, trust the present moment, and the next breath.**
6. At the very end of the exhale, gently lift the perineum, engaging these muscles for a moment and then slowly releasing with the the next inhale into the belly. This “lift” of the root chakra is called moola bandha, engaging our life force and re-directing it upward. **We can decide what energy we want to bring into the world with every moment. We can have inspired conversations with whomever crosses our path, supporting and uplifting one another with a spaciousness, trust and love. As we focus upon this intention, this vibration, we co-create, cultivate, uplift and manifest the future of our dreams in the here and now.**

**Julie Rost, e-RYT 500, C-IAYT**, founded the YogaLife Institute of NH in 2006. Her undergraduate degree in Psychology included research based in the healing benefit of Yoga for Adolescents. Years of working in women’s reproductive health led to a three year service as Peace Corps Volunteer in Malawi, Africa, where her experience with village doctors of traditional medicine catapulted her interest in studying the holistic and natural approaches of the Yoga lifestyle. She received her Classical Yoga and Yoga Therapy training from the YogaLife Institute in PA. Julie is currently the Spiritual Director of the YogaLife Institute of NH, teaching in its 200hour Yoga Teacher Training Programs. She is currently offering opportunities for you to deepen your yoga practice with her Yoga Philosophy 101 and Yoga Philosophy 201 Courses, private Yoga Therapy and mentoring.