

# Viloma I - Breathwork



Black Male  
YOGA INITIATIVE

The purpose of *Pranayama* is to increase the efficiency of the respiratory system, as well as to rid the body of toxins. Toxins accumulate in the body and cause disease and poor health. **Viloma I** combats fatigue, strain, provides energy and vitality to the body, and supports people suffering from low blood pressure. *Viloma I, II, & III* are best practiced when lying down on your back. If you typically experience low back pain when lying flat on the floor, roll a blanket or place a pillow under the back of the knees to lessen the pain. Similarly, if the back of the neck is very tight, or the rear of the head is sensitive, fold a blanket or towel (2 to 4 inches in thickness) and place beneath the head. **DO NOT** use a pillow. To increase comfort from cold, place a blanket on top of the body for warmth. Extend the arms out into a "T" formation, resting the back of the arms and hands on the floor with the palms facing up.

## Zone 1: (Lobe 1)

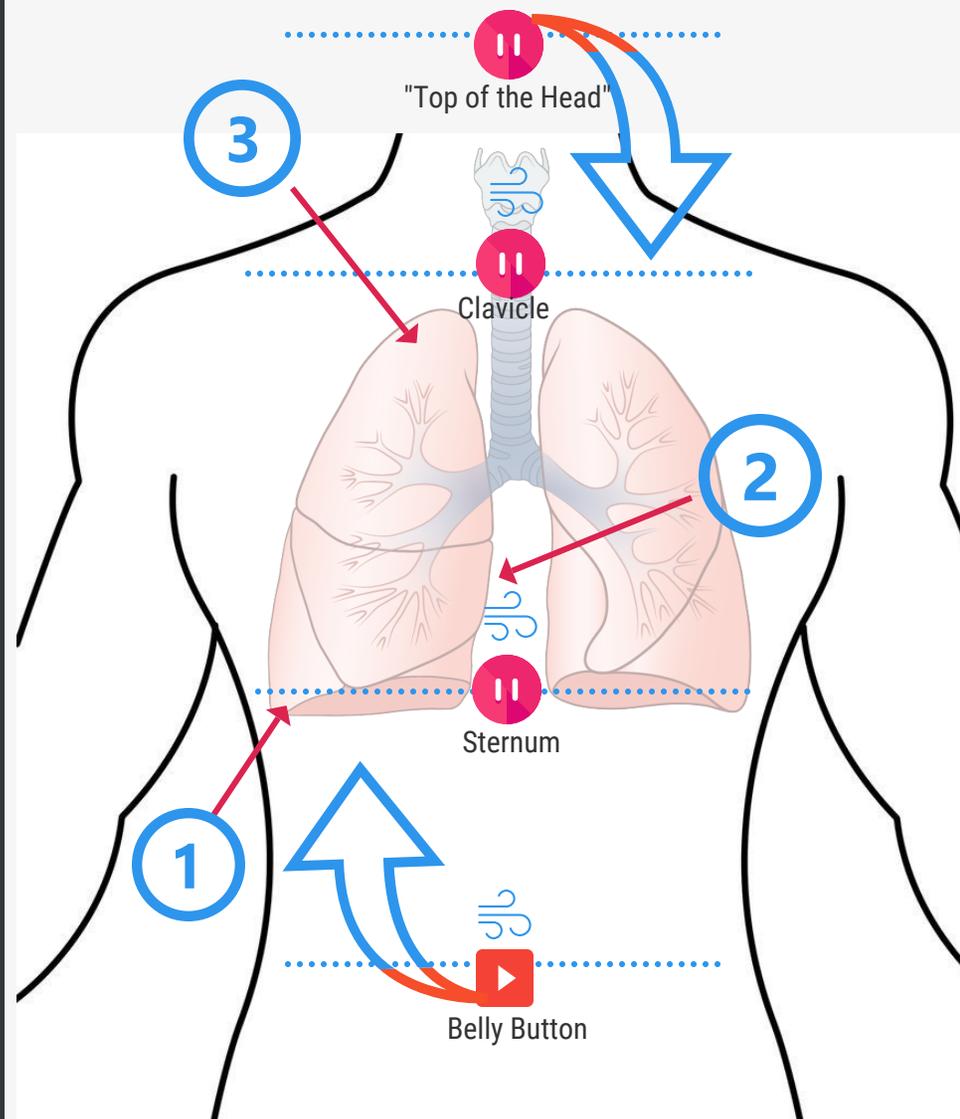
After a fresh and complete exhale, begin inhaling slowly with control. "Fill the belly." Expanding outward, the belly rises as the diaphragm lowers and the stomach rises out away from the body. Pause at the sternum, and hold the breath without exhalation for 2-4 seconds.

## Zone 2: (Lobe 2)

Begin inhalation again, slowly with control, for 5 to 10-seconds. You will notice a natural segue from the "belly" to the "ribcage" and the ribcage will start to lift. Fill the ribs to the collarbone, pause at that changing point, and hold the breath without exhalation for 2-4 seconds.

## Zone 3: (Lobe 3)

Begin inhalation again, slowly with control, for 5 to 10-seconds. Lift the breath from the clavicle region toward the "crown" or top of the head. This notion of "expansion" takes time to develop, but lift the breath up in that direction. Do not strain by increasing the lungs to the point of pain and "overfullness". The "upward lift" of the breath will produce a "fullness" without discomfort. Hold the breath at the top of the head for 2 to 4 seconds. Release slowly, **in reverse order**, from the head, past the collarbone, and into the belly, **WITHOUT** pause. Repeat the cycle again until the desired number of practice cycles are complete.



Start



Pause



Inhale



A full cycle inhaling up with retentions and exhaling back down without breath retention is one full-cycle. Begin with 5 "cycles" daily and gradually increase to comfort level over the passing of time. For example, practice for 5-minutes daily, and move to 15-minutes daily by the 3rd month.

The Black Male Yoga Initiative

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