Meditation: Breathing With the Wall for Support

This is an excellent posture to do when seated leaning against the wall, you can also do it in a chair, sitting up in a firm bed, or even as a passenger in a car or airplane seat. Make sure that you are sitting and leaning against a firm surface.

- Sit on the floor with your back against the wall.
- Legs may be relaxed straight out in front of you, slightly apart, or bend your knees to be comfortably cross-legged. (Place blankets or pillows under your knees if you need extra support.)
- Take a deep inhale as you press your back against the wall or seat.
- Exhale as you mindfully pull your shoulders down and away from the ears.
- Continue inhaling and exhaling, gently and softly elongating each inhale and exhale.
  - Feel any bits of tension melting down into the floor.
  - You may choose to keep your eyes open, closed, or half way open gazing at the tip of your nose, your fingers or your toes. Keep your eyes soft.
  - Be aware of any tension being held anywhere on your face. Release and relax your upper jaw, lower jaw and tongue. Feel your mouth softly smiling as your face relaxes.

If there is any discomfort in breathing through your nose, be sure to open your mouth and continue to be aware of your inhales and exhales.

- You may choose to tuck your chin into your collar bone using the chin lock. (See Jalandhara bandha in the Bandha section of Chocolate Yoga book.)
- Continue breathing, listening to your breaths rolling in and out.
  - You may add words or images to your inhales and exhales. (See the Inhale/ Pause/ Exhale exercises in the Pranayama section of Chocolate Yoga book.)
- Notice what happens when you lean back against the wall. Can you feel your back breathing?
  - It’s good to experiment with keeping your eyes open, slightly closed, or closed. It’s always different.

Continue to stay here as long as you choose. When it is time to release the posture, be sure to exit carefully and mindfully.