

Pangea Yoga

Yawn #1

1. Gently tilt your head back to a comfortable position and allow your mouth to hang open widely while you gently extend into it.
2. Contract the back of the throat as if to perform Ujjayi breathing—a whispery breath—which is typically done through your nose with your mouth closed. Breathe deeply through your mouth so you feel the air hit the back of your throat.
3. Inhale and exhale completely while allowing your shoulders to relax as you exhale.
4. When the yawn comes, reach and extend into it, riding the yawn to stretch the jaw muscles.
5. Repeat 8-10 times until tearing starts. As your jaw muscles stretch and relax, and the yawn expands, the lacrimal glands around the eye are squeezed and tearing is induced.

Yawn #2

1. Continue with steps 1-4 above, and when the yawn comes, bring together *only the lips*. Keep the teeth slightly separated. Creating this shape with your mouth as you yawn will take out more slack in the throat muscles to bring the lengthening and relaxation around the base of the tongue, and further stretch and relax the neck, jaw, and occipital regions.
2. Repeat 8-10 times until your eyes begin to water.

Explore these exercises throughout the day, especially before bed, to release accumulated energy and tension that may result from conversation and or the vicissitudes of the day.