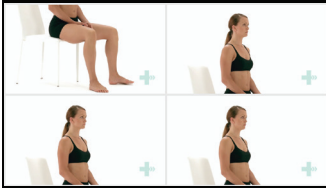




## Breathing exercises



### 1. Diaphragm breathing - sitting

Sit in a chair with your hands on your knees. Move forward so your sitting bones are at the front of the chair and move to a hunched seated position with your shoulders slightly forward. Roll forward on your sitting bones and stretch yourself through your spine pushing the shoulders back. Open your feet and knees. Place your hands at the top of your thighs, palms up. Breathe in deeply concentrating on the air coming in into your body. Breathe in through your nose, concentrating on the air coming moving down through windpipe, and into the diaphragm. As you breathe out relax totally and try not use any muscles. Let the elasticity of your chest push the air out. Breathe in again using the diaphragm and tummy, and exhale using the elasticity of the chest only. Continue on for two more cycles. Return to the starting position.



### 2. Correct breathing supine

Lie on the floor with your knees bent and feet flat on the floor. Wrap your thumbs and fingers around the base of your ribs. Take a deep breath all the way in to the base of your lungs, moving your ribs out into your hands. Your tummy will puff out. Breathe out, gently tightening the abdominal muscles, fully emptying your lungs. Repeat this exercise, keeping your neck and shoulders relaxed throughout the movement.



### 3. Correct breathing supine (with arm movement)

Lie on the floor with your knees bent and feet flat on the floor. Place your hands at the base of your ribs. Take a deep breath all the way in to the base of your lungs, moving your ribs out in to your hands. Your tummy will puff out. Breathe out, gently tightening the abdominal muscles, fully emptying your lungs. Repeat this exercise, keeping your neck and shoulders relaxed throughout the movement. Once you have practised the breathing technique, place your arms at your sides and lift them one at a time to shoulder height. Your arm should come up as you breathe in, then lower back down as you breathe out.