



BREATHING EXERCISES

Lying on your back with your legs bent, your feet at the width of your hips, your back spread on the mat and your head stretched and your chin drawn to the neck, release all your body.

Exercise 1:

If possible breathe in and out only through your nose, breathing out should take twice as long as breathing in. Put your palms freely on your abdomen and breathe straight under them. Breathing in your palms are going up, your abdomen is bulged and breathing in the palms are going down.

Exercise 2:

One palm placed on the lower ribs on the chest and the other hand under the bellybutton on the abdomen. Start breathing under your palm into the abdomen, then into the chest and into subclavian area. Breathing out the abdomen and the chest are getting down. Nothing strenuous, only breathe freely into your abdomen, then your chest and then everything goes back down. Be careful your shoulders do not get to your ears while breathing in, and your head stays stretched and the pelvis stays released.

Exercise 3:

Place both your palms on the lower ribs, your shoulders are, if possible, spread out on the mat and your head is stretched. Breathe into sides of your chest just under your palms and also into the area of the thoracic spine just between the scapulae, which are spread on the mat. Breathing out you can feel you can feel how the ribs are lowering into the trunk and getting near the pelvis. Mind your shoulders do not get near the ears while breathing in, your head stays stretched and your pelvis released.

Exercise 4:

Your palms opened and spread on the hips just between the ribs and the pelvis. Your thumbs pointing to the hollow between the ribs and the pelvis and the little fingers are in direction of the groins next to the pelvis bones. Breathe in under all the fingers including the thumbs and the little fingers. Breathing out you can feel that all the fingers go freely back into the trunk. Breathing into the sides of the chest, into your back and into the area of the lower abdomen and continuously breathing out, mind that you do not raise your shoulders to the ears and keep your head stretched and the pelvis released.

Exercise 5:

Your palms spread on the abdomen, the thumbs pointing to the lower ribs, the little fingers to the groins, breathe in under the palms and under the little fingers. Breathing out you can feel that the lower ribs are lowering down and getting near the pelvis. When you breathe in the midriff gets flatter and shifted down. When the midriff presses against the abdomen, the intra-abdominal pressure increases and thus you can feel that the little fingers are being eccentrically pushed out of the abdomen. Mind the shoulders do not get to the ears while breathing in, your head stays stretched and the pelvis released.