

HOW TO BREATHE FROM THE DIAPHRAGM

OBSERVE YOUR BREATH. TAKE A SLOW DEEP BREATH

The air coming in through your nose should move downward into your lower belly. Let your abdomen expand fully. Put one hand on your abdomen just below the belly button. Feel your hand rise about an inch each time you inhale and fall an inch each time you exhale. Your chest will rise slightly too when you are inhaling, but your abdomen should be the first to expand. Relax your belly so that each inhalation expands it fully.

KEY TO INHALING

Blend breathing with gentle and loving images of the environment, people or animals, and focus on a word or phrase to help you relax.

EXHALE

Begin pushing the air out your nose by pulling the base of your abdomen inward with your abdominal muscles. As the air moves upward towards your lungs your chest begins to collapse and the rest of the air leaves your body.

KEY TO EXHALING

Imagine the air leaving your body and carrying away tension and anxiety with it. Imagine the ocean tide coming in or the relief of being tense and getting into a nice warm bath, or snuggling into a cozy blanket.

IMMEDIATE RESULT

Shallow breathing feels tense and constricted while deep breathing produces relaxation.

SIMPLE YOGIC BREATHING PRACTICE

VISUAL GOALS AND SET AN INTENTION WHILE PRACTICING:

- 1) Inhale very slowly through your nose, your eyes closed, using your diaphragm allow your belly to expand one inch. Slight lift in chest after expanding belly first.
- 2) Once your lungs are full and your belly has expanded, hold your breath for to the count of five to ten seconds.
- 3) Then slowly exhale thru your mouth making sure you use your belly to push air out.
- 4) Empty lungs and contract belly. Chest gently collapses down.
- 5) Repeat cycle. Continue to repeat until you finish 10 cycles. (Practice first thing in morning and before bedtime to achieve a calm centered mind)

Source: www.samvarner.com Edited by Amritari Martinez M.A., E-RYT

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For questions go to www.mindhealthyoga.com