

# BREATHING EXERCISE

## Diaphragm Technique



- Step 1: Lie on your back on a flat surface or sit up front.
- Step 2: Place one hand on your upper chest and the other just below your rib cage. This allows you to feel your diaphragm move as you
- Step 3: Breathe in slowly through your nose so that your stomach moves out, causing your hand to rise.
- Step 4: Tighten your stomach muscles, so that your stomach moves in, causing your hand to lower as you exhale through pursed lips.
- Step 5: Exhale slowly through the lips for 4 seconds and feel the stomach gently contracting. The hand on your upper chest should remain as still as possible.