

Diaphragmatic Breathing

Get into a comfortable position, either sitting in a chair or lying on your back.

Loosen any tight clothing, especially around your abdomen and waist.

Place your feet slightly apart. Rest one hand comfortably on your abdomen near your navel.

Place the other hand on your chest. Initially, you might be more comfortable with your eyes closed.

Breathe nice and easy, inhaling through your nose, exhaling through your mouth.

Quietly concentrate on your breathing for a few minutes and become aware of which hand is rising and falling with each breath.

Breathe in through your nose and out through your mouth. Breathe slowly, in a natural, gentle way.

At the same time that you take in each breath, gently expand your belly to fill with air. Allow your shoulders and chest to rest and be still. Imagine that you are filling a small balloon inside your belly with air each time you inhale.

As you breathe out, empty your belly and let it relax.

As you breathe out, purse your lips to create a little resistance to the exhale to keep it slow, like gently blowing on a candle to make it flicker. Breathe out as slowly as you can, making each exhale last.

When you finish your exhale, wait quietly until your body naturally takes its next breath.

Take your time.

Each time you breathe in, imagine a balloon filling with air, and each time you breathe out, imagine the balloon deflating.

As you continue to breathe relaxed and easy, watch to see which hand is moving more when you breathe in and out. Allow the hand on your stomach to move more as you breathe, without forcing it.

Breathe in a slow, gentle, natural breath. And Breathe out a slow, gentle, natural breath.

Continue to take slow and easy breaths, allowing your belly to rise and fall.

(allow ~ 2 minutes)

OK, take a few more easy breaths, and when you feel ready you can open your eyes.