

Breathing Exercise

Introduction:

Stand Facing side wall #8
Feet parallel, hip width apart.
Weight shifted over on
metatarsals 70%
heels 30%

Upper back is slid forward to
align with inner curve
of lower spine.

Shoulders and chin are relaxed.
Arms are hung relaxed down
the sides of the body.

Breathe in through the nose and
feel the ribs expand in
width at the sides.

curl top of the head forward,
taking the shoulders and
shoulder blades forward, as well.

Breathe out through the mouth
with intensity, feeling the rib
cage shrink and clothes
get loose. Body will relax
further at end of exhale.

while breathing in through the
nose, roll up through the
spine to original standing
position.

Exhale softly through the mouth.

Repeat once.