

BREATHING EXERCISES

Deep breathing stimulates the relaxation response to combat the effects of stress and anxiety. There are many deep breathing techniques – most of which require some practice to perfect.

The body and mind are closely interrelated and one influences the other to a much greater extent than medicine admitted to for many years.

Complete Breath

Find a comfortable, quiet place where you will not be disturbed in order to start your practice.

Lying down on your back, sitting with your back straight or standing up with good posture are all acceptable positions.

Technique:

1. Straighten your back, which will straighten your thorax for easier breathing.
2. Inhale slowly through the nose, breathing deeply, consciously.
3. Take five seconds to fill the lower part of the lungs, by expanding the ribs and pushing the abdomen out.
4. Concentrate on filling the top of the lungs for the next five seconds. This will expand the chest and tighten the abdomen slightly.
5. Hold the breath for 1-5 seconds.
6. Exhale slowly until you have emptied the lungs.
7. Repeat 4-5 times more.

Do's and Don'ts:

- DO establish a rhythmic rise and fall of your abdomen, to promote regular breathing.
- DO attempt to breathe inaudibly after you have gotten the knack of deep breathing.
- DO push your abdomen out as you breathe in and pull the abdomen in as you breathe out.
- DO give an extra snort as you exhale to rid yourself of stale waste-matter in the bottom of the lungs.
- DON'T slump. For maximum efficiency the thorax must be straight.