



BREATHING WORKS FIRST STEP BREATHING

“WHEN IN DOUBT, BREATHE OUT”

Procedure

- 1) Lie down flat on your back, ensuring that you are well supported (pillow under knees and head)
- 2) Gently stretch your arms and legs and let go.
- 3) Always breathe out first before starting nose belly breathing.
- 4) Beach Pose (arms above head knees bent) - practice abdominal breathing (1-2 mins)
- 5) Place a small weight on your stomach (2-4 mins)
- 6) To help you can breathe out using mouth if necessary-just initially,
- 7) Breathe in and out nose ↔ belly breathing
- 8) Remember longer exhale, gliding to a pause
- 9) Visualising gentle waves as you breathe may help
- 10) In lying feel the gentle rise and fall of your belly , in and out your nose (4-6 mins)
- 11) Always get up slowly, in case you fell lightheaded.

Recommended minimum twice a day for 5-10 minutes.

Or any time you wish to rest and restore energy, pre/post surgery or procedures.

Note: It takes 6-8 weeks to change an entrenched pattern. Be patient.

Combating Air Hunger

If you experience a sensation of air hunger, swallow or breathe out through the mouth to release tension and trapped air.



BREATHING WORKS EXERCISE TWO MINUTE CALM DOWN BLISS OUT

Preparation

This quick series of exercises only takes about 2 minutes:

- 1) Perform a full body stretch
- 2) Locate a quiet place and sit comfortably
- 3) Plant your feet firmly on the floor
- 4) Either cup your hands on your lap, or place them, palm down, on your knees
- 5) Make sure that your bottom is snug against the back of the chair. Relax your stomach and loosen your shoulders

Exercises

The following exercises will help relax tensed muscles which will help you to focus on your breathing:

- One chin tuck - hold for five seconds and release.
- Drop the jaw for three seconds then release and close your mouth softly.
- Stretch your fingers. Separate your fingers and stretch hard, especially the thumb. Do the left hand then the right.

Breathing

- Focus on the quiet breath, in and out through the nose. Feel the waist expand gently, breathing in and flowing into the out breath phase (no holding at peak of inhalation). Notice the small relaxed pause at the end of the exhale (no holding - just letting go).

Quiet Mind

- To still your busy brain, concentrate on silently placing numbers on the relaxed pause phase. This can be done with the eyes closed or with the eyes open while focusing on a particular object, then softening the eyes (stop hard focusing). Do not try to stop thoughts; simply dominate centre stage with the rhythmic flow of numbers. Start the numbering at 1 and move up to 10 then back down to 1.
- When you come back to 1, stretch, smile and enjoy the calm.