



# BREATHING WORKS EXERCISE FIRST STEP BREATHING

***“WHEN IN DOUBT, BREATHE OUT”***

## **Procedure**

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.

- 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.

## **Combating Air Hunger**

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