



BREATH GUIDANCE

BREATH AWARENESS PROGRAM

DAY 1

Diaphragmatic inhale for 3 seconds

Blow exhale for 8 seconds

Focus on the tangibility of breath through duration, sound and sensation of pressure on the exhale.

Diaphragmatic inhale for 4 seconds

Belly exhale for 4 seconds

Keep your counts/rhythms consistent and even.

Diaphragmatic inhale for 6 seconds

Belly exhale for 6 seconds

Keep your counts/rhythms consistent and even.

A **diaphragmatic inhale** is where you isolate your breathing mechanics to mainly use your thoracic diaphragm to breathe-in. You should feel your stomach expand outward and your upper ribs and shoulders should stay fairly still. The inhale is not 100% of the air you can fit in, it's only about 40-60% so that you isolate the diaphragm.

A **blow exhale** is where you purse your lips, as if to drink from a straw, and blow the air out through the mouth.

A **belly exhale** is where you engage your abdominal muscles, pulling your navel in towards your spine to assist in pushing the diaphragm up and the air out of the lungs.