

TECHNIQUES

Take notes of your experience, insights and questions.



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.

2

Diaphragmatic inhale for 4 seconds

Belly exhale for 4 seconds

Keep your counts, rhythms and pace consistent and even.

3

Diaphragmatic inhale for 6 seconds

Belly exhale for 6 seconds

Keep your counts, rhythms and pace consistent and even.

DEFINITIONS

Understand each technique on this Day.



1

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.

2

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

3

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.

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A **diaphragmatic** breath and a **belly** breath are two different breathing techniques! They share the same technique on the inhale but their exhales differ in that the diaphragmatic exhale is passive and the belly exhale is active.



Learn more in **Breath Technique Training (BTT)!**

HOMEWORK

Repeat the guided audio practice and track your progress after each technique by noting any roadblocks or revelations.

