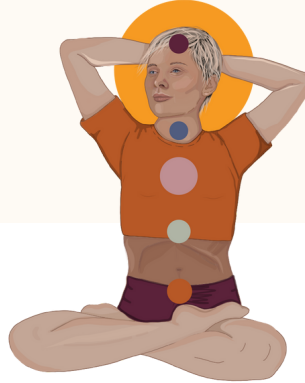


TECHNIQUES

Take notes of your experience, insights and questions.



1

Belly inhale for 2 seconds, heart inhale for 2 seconds

Belly exhale for 2 seconds, heart exhale for 2 seconds

Make a 4 second wave from belly to heart on both inhale and exhale.

2

Belly inhale for 3 seconds, heart inhale for 3 seconds

Belly exhale for 3 seconds, heart exhale for 3 seconds

Make a 6 second wave from belly to heart on both inhale and exhale.

DEFINITIONS

Understand each technique on this Day.



1

A **belly inhale** is where you use your diaphragm to inflate the belly out while breathing in. Also known as a **diaphragmatic inhale**.

2

A **heart inhale** is where you expand your chest at the heart area, allowing the ribs and chest to rise as you breathe in.

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.

4

A **heart exhale** is where you soften your chest and squeeze your ribs together to push the breath out.

*

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.

