

BREATHING EXERCISE



1. Lie down comfortably on your back on a soft, but supporting surface with your feet flat and your knees bent.

2. Put one hand on your chest and one on your stomach. Take a deep breath. Observe what happens. Did you lift your chest and shoulders as you took a breath or did your belly expand? Repeat two or three times and take note of how you breathe. Are you breathing through your mouth or nose?

3. When you inhale again, try to expand your belly and not lift your chest. As you exhale, pull in your tummy and your ribs to get all the air out and gently push your back into the bed or surface you are lying on.

4. Now make sure you close your mouth and breathe only through your nose. Inhale to a slow count of four. Exhale until you feel you have expressed all air out of your lungs.

5. You can put a book on your belly button and aim for the book to rise with every inhale. Inhale again to the slow count of and exhale completely.

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6. Make sure you relax your neck and shoulders as you breathe.

7. Aim for five breaths to start with.

8. You could repeat it during the day if you have the opportunity to do so, but do it at least before bed every night or every second night.

9. Work your way gradually up to 20 breaths and do it at least every second night before bed.

Take note of how your quality of sleep improves, neck and shoulder tension reduce and so much more.

Happy breathing!

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