

## **Diaphragmatic Breathing**

Decrease stress and increase energy in your body by learning to breath with the diaphragm

- Find a quiet comfortable place to sit or lie down
- Place your feet slightly apart. Place one hand on your abdomen near your navel. Place your other hand on your chest.
- Inhale through your nose and exhale through your mouth.
- Concentrate on your breathing. Notice which hand is rising and falling with each breath.
- Gently exhale most of the air in your lungs
- Inhale while slowly counting to 4. As you inhale slightly extend your abdomen causing it to rise about 10cm (1inch). Make sure you are not moving your chest or shoulders.
- As you breathe in imagine the warmed air flowing in and flowing to all parts of your body
- Pause for 1 second, then slowly exhale to the count of 4. As you exhale your abdomen should move inward.
- As the air flows out imagine all your tension and stress leaving your body.
- Repeat the process until you achieve a sense of relaxation.

Once you have mastered this simple technique it can be used in any situation to bring a feeling of calm and relaxation.

**YOUR BODY WILL THANK YOU**