



The Breathing School

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Breathing Exercises

1. Practice Breath Awareness

Notice your breathing.

Are you breathing through your nose or through your mouth?

Does your chest expand or your belly when you breathe?

Do you take little short breaths or deep long breaths?

Do you hold your breath often?

Do you sigh or yawn often?

2. Simple Breathing Exercise

Learn to breathe fully and deeply. First make yourself comfortable sitting or laying down. Also wear comfortable clothing that does not constrict your breathing. Now place a hand on your chest and the other hand on your abdomen. Breathe in and out through your nose (be greedy for air) while paying attention to how your hands move. The hand on your chest should hardly move, while the hand on your belly should move visibly up and down.

3. Conscious breathing

- a. Correct conscious breathing starts with your exhalation. Make an effort to breathe out as much as you can, then pause letting go, resting and relaxing. Let your next breath (your inhalation) arise by itself, when it is ready; let the in breath be as full as possible. Hold the breath as long as is comfortable and then exhale slowly.
- b. Relax your shoulders, your belly and your jaw.
- c. Take a deep full breath as often as you remember.
- d. Practice full deep belly breathing before you go to sleep; it works miracles.
- e. Make your breath your best friend. You can count on him/her for the rest of your life.

4. The 3-4-7-9 Advanced Breathing Exercise

Try this breathing exercise a few times a day.

- a. Lie on your back in a comfortable position and empty all the breath from your lungs.
- b. Breathe in fully and slowly through the nose for a count of 4 filling the belly then the chest. At the end of the count the lungs should be absolutely full. When inhaling into the chest don't forget to allow the ribs at your back to soften and expand as well as those at the front.
- c. Relax the body for a count of 7. Do not let the breath escape.
- d. Touch your tongue to the roof of your mouth just behind your upper teeth and exhale fully but slowly through your mouth for a count of 9. Exhale from the chest first followed by the belly.
- e. Relax the body for a count of 3 and then repeat from step b. above.

Points to watch are the filling of the lungs from the bottom to the top during the inhale, and emptying the lungs from top to bottom on the exhale. Make sure that the exhale is always longer than each of the other parts. Continue for as long as is convenient, the longer the better. Keep slowing down the count as much as possible as long as it is comfortable.