DIAPHRAGMATIC BREATHING

DIFFICULTY: EASY - ALL FITNESS LEVELS
TYPE: BREATHING
GOAL: BODY AWARENESS

PROCEDURE
1. While lying down on your back, place one hand on your breastbone and one hand on your abdomen near your navel.
2. Slowly take a deep breath in and focus on trying to get your hand on your stomach to rise while the hand on your breastbone remains still.
3. As you breathe in, the hand on your stomach should rise.
4. When you breathe out, the hand on your stomach should lower.
5. Repeat 1 time.
6. Complete 1 set once a day.