



Breathe Better | Feel Better

Tips to improve your breath

Stretch your Thorax:

*A quality breath pattern is only possible if your thorax can move!

- Reach hands up to the ceiling and stretch tall as you breathe in
- Hang from a bar (if your shoulders are feeling ok) and breathe
- Reach one arm up to the sky and then sidebend away from that arm reaching overhead. Breathe into your side.
- Sit in a chair and gently twist your body then hold and breathe, take up the slack as you get more flexible.

Use Tactile Cues:

Diaphragmatic breath should be felt 3 dimensionally in your thorax

- Place your hands on your lower ribs. See if you can move feel your ribs move up & out
- Place a small weight or your hands on your upper belly and see if you can create a rise and fall of the object or your hand.

Use Visualization:

- Imagine your lungs are like pitchers of water. Try to start by filling the bottom of the pitcher before the top of the pitcher. Fill the pitcher as full as you can.
- Imagine your lungs are like two balloons in your chest. Try to blow up the balloon by expanding the balloon in all 3 dimensions.

Enhance The Inhale or Exhale:

- Breathe in, exhale through pursed lips. When it feels like you can't exhale any more, open your mouth & continue to breathe out like fogging a mirror, inhale. Does inhale feel easier?
- Inhale through your nose, when you can't inhale any further take small sips of air until you can't inhale any further, allow passive exhale through pursed lips. Does your breath cycle feel more full?