

Session One Breathing Exercise

This exercise uses visualization to create a full breath that expands first in the places that move more easily (i.e. belly), before expanding in places that move less easily (i.e. chest).

Inhalation

1. Start lying flat on your back.
2. Feel your pelvic floor relax
3. Feel your breath climb up the front of your spine, filling your:
 1. Pelvis
 2. Belly
 3. Chest
 4. Neck
 5. Head

Exhalation

1. Feel your breath empty from your:
 1. Head
 2. Neck
 3. Chest
 4. Belly
 5. Pelvis
2. (Optional) Feel your pelvic floor engage before relaxing it again with your next breath.

This exercise is easy to do in bed first thing in the morning or when you lie down at the end of the day.