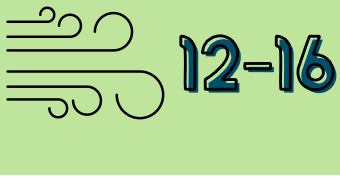
BREATHE RIGHT

What's Optimal Inhalation?

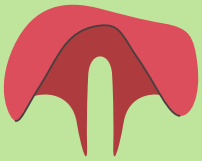
1. Inhale through the nose
2. Tongue resting gently on the roof of the mouth behind the top front teeth
3. Downward movement of the diaphragm
4. Expansion of the rib cage to the front and side directions with minimal involvement of upper ribcage by collar bones

Optimal Breathing at Rest

Natural drawing in of air through the nose and effortless breathing out



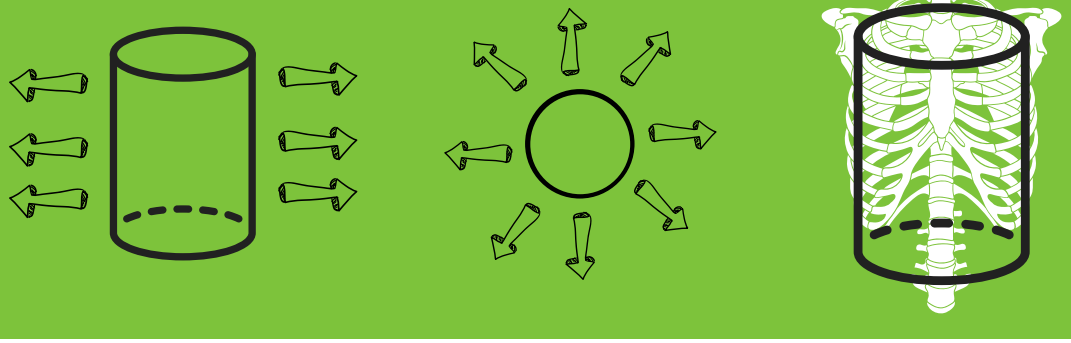
12-16 breaths per minute at rest



Driven by the diaphragm (not the neck muscles)

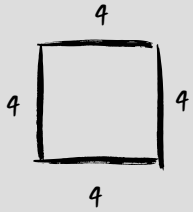
Expansion in all directions of rib cage

A deep breath should expand the rib cage forward, backward, & out to the sides



Box Breathing

Equal inhalation and exhalation with holds



- Breathe in for 4
- Hold for 4
- Breathe out comfortably for 4
- Hold for 4
- Repeat

Nose Unblocking

- Stand or sit upright
- Take a gentle breath in through the nose or sip air through a corner of the mouth
- Hold nostrils shut with fingers
- Move head up/down and left/right
- Once you have an intense hunger for air, breathe in
- Try breathing gently through the nose
- Wait one minute and repeat again as needed for up to 5 minutes

Straw Breathing

- Breathe in through your nose for 4 count
- Hold for 4 count
- Exhalation for 8 count through a straw or pursed lips.
- Hold for 4 count.
- Repeat.