

Breathing – a natural process

When we **inhale**, our torso expands by:

1. The ribs rising
2. The lower torso muscles releasing outwards, allowing the organs of the abdomen to move down and out.
3. The diaphragm contracts downward.
4. The pelvic floor releases downward.

When we **exhale**, our torso compresses by:

1. The ribs falling with gravity.
2. The lower torso muscles shorten inwards.
3. The diaphragm releasing upwards.
4. The pelvic floor moving upward.

Things we can do to **help** our breathing:

<ul style="list-style-type: none">• To help find our automatic breath, practice daily breathing exercises to increase our lung capacity.	<ul style="list-style-type: none">• Exercises: such as yoga for flexibility, energizing and calm our minds. Swimming, which works the whole body with minimum impact.
<ul style="list-style-type: none">• Get out of the way of our inhaling. on “ah”, we are probably over-working our breath if we can hear an inhaling sound.	<ul style="list-style-type: none">• To inhale more air, simply try exhaling more, and just simply let our body take the air in.

Things which can **affect** our breathing:

<ul style="list-style-type: none">• Incorrect posture: collapsing of the spine.	<ul style="list-style-type: none">• Muscle tension: excess tension in our body and facial muscles.	<ul style="list-style-type: none">• Over breathing: the concept of taking a big breath can sometimes be miss leading.
---	--	---