

Top Tips.

Breathing.

Within Eastern Philosophy and practice, the breath is viewed as our life force. If we didn't breathe, we wouldn't be here – so, if we learn to breathe with more control and efficiency, we will function better!

Having a variety of breathing activities offers flexibility and variety to practice and improve your breathing.

The Benefits

Breathing exercises support daily living by reducing anxiety and stress. This can really elevate your mood.

If exercises are performed regularly, you can strengthen the lungs, reduce blood pressure and release muscle tension, relieving pain and improving posture. Breathing exercises can also support COPD.

Overall, this will help improve energy levels, whilst supporting shared activities.

The Foundation of Everything

There are plenty of benefits from learning and practicing breathing exercises. The exercises train the muscles and organs involved, giving you more control and better equipping them to support everyday activity. Everyone breathes, but not everyone thinks about their breathing!

The purpose of breathing activities is to provide a structure to breathing so that you can get all of these wonderful benefits!

Have a go! Balance Breathing

If participants can, it is beneficial to ask them to move to the front third of their chair and sit in an upright position. Ensure as much as possible that their back is away from the back of their chair to prevent the diaphragm from being compressed.

This breathing activity is done all through the nose. Ask participants to inhale for a count to 2. Then ask them to exhale to a count to 2. When you have got the basics and participants are comfortable extend the counts to 3, 4 & 5. Always keep the count equal for the in and out breath.