

PELVIC FLOOR EXERCISES



DIAPHRAGMATIC BREATHING

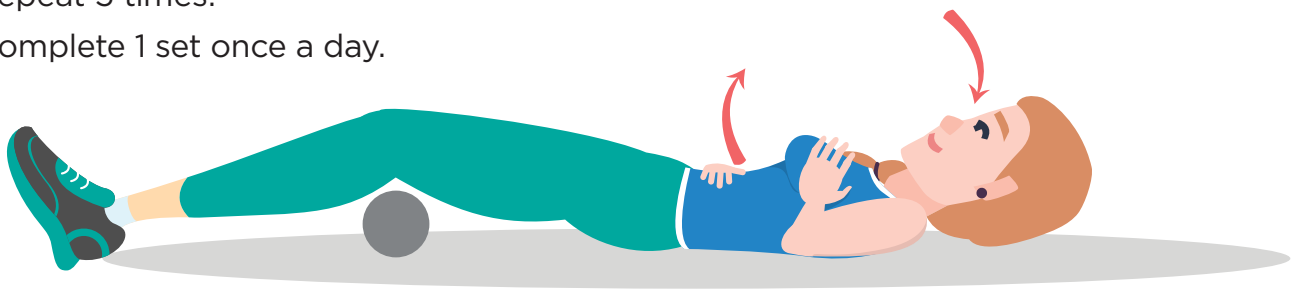
DIFFICULTY: EASY - ALL FITNESS LEVELS

TYPE: BREATHING

GOAL: BODY AWARENESS

PROCEDURE

1. Lie on your back with your legs out straight or supported under your knees with a pillow or blanket.
2. Place one hand on your upper chest and one hand on your abdomen near your navel.
3. Slowly take a deep breath in through your nose or through slightly opened lips.
4. As you breathe in, the hand on your stomach should rise towards the ceiling. Focus on this while feeling your abdominal wall expand.
5. Slowly let the breath out through your nose or slightly opened lips.
6. As you breathe out, the hand on your stomach should lower towards the surface you are lying on.
7. Repeat 5 times.
8. Complete 1 set once a day.



There's no shame in being
human

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