Diaphragmatic Breathing

- Enhances sense of well-being
- Builds stamina
- Reduces high blood pressure
- Aids circulation and digestion
- Improves immune system
- Relaxes nervous system
- Slows and steadies breath
- Detox organs
- De-stress
- Center yourself

Doing this can help you:

Breathe freely (using your abdomen, not your chest)
Feel expansion and contraction w/each breath
Place hands on diaphragm

Set a 5-minute timer, recline (knees up if comfy)

Instructions

Diaphragmatic Breathing

- Breath - Inhaling through your nose and exhaling out of your mouth
- Diaphragm - Dome-shaped muscle between the chest and stomach

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