

## ==DIAPHRAGMATIC BREATHING==

- ...diaphragm – dome-shaped muscle between the chest and stomach
- ...breath – inhaling through your nose and exhaling out of your mouth

doing this can help you:

- ...center yourself
- ...de-stress
- ...detox organs
- ...slows and steadies breath
- ...relax nervous system
- ...improves immune system
- ...aids circulation and digestion
- ...reduces high blood pressure
- ...builds stamina
- ...enhances sense of well-being

## Instructions ↴

- set a 5-minute timer; recline (knees up if comfy)
- place hands on diaphragm
- feel expansion and contraction w/ each breath
- breathe freely (using your abdomen, not your chest)

## Diaphragm

