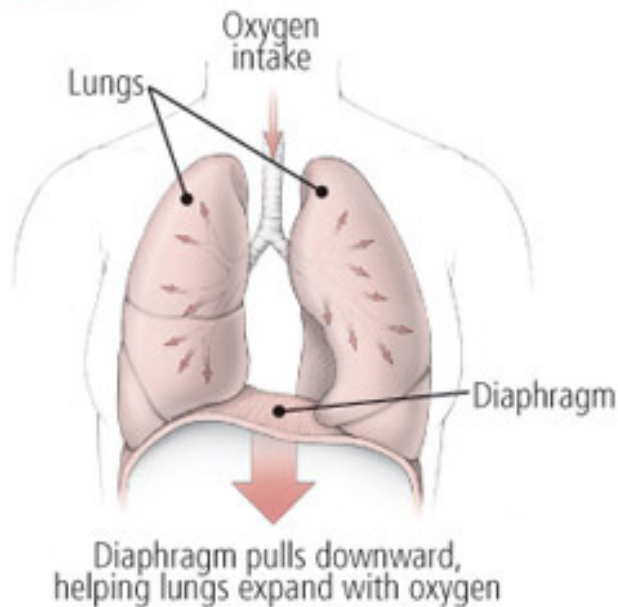


Abdominal Breathing - Support your heart

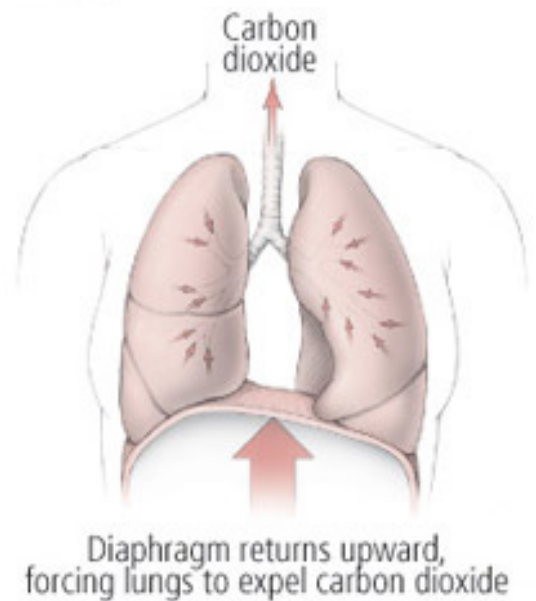
Posture:

Sit upright, feel the feet relaxed on the ground and place your hands on your lower abdomen. Close your eyes and start with visualizing, what you want to do:

Inhalation



Exhalation



Visualization:

Start with breathing out. Imagine bringing your belly button more towards your spine. And then just wait: Let the breath come by itself, and at this stage, release your muscles in your tummy: your abdomen fills up first with the breath underneath your hands and this moves the diaphragm down.

Exercise in upright posture:

You have visualized, now let's do it. Your action is: Breathing out - Breathing in is effortless. No action is required for inhaling.

Breathing out, means you are using your lower abdomen muscles. Breathing in just happens. Release the muscles in your tummy and the diaphragm moves nicely effortless. It moves the diaphragm.

This relieves the heart and massages the whole digestive system.



Modified option: on the floor

In case this is very difficult for you: Lie down, spine flat on the ground, feet up on a chair with bent knees while breathing

- 1.- Place your palms on your lower abdomen, feel the movement underneath your hands
- 2.- Place a heavy book on your lower abdomen. Feel, see the book moving up and down.

Very soon, you will be able to breathe in your abdomen at all times, if sitting, standing or walking :).