

# DIAPHRAGM BREATHING BASICS

Sit comfortably or lie down; relax your shoulders. Put one hand on your chest and the other on your stomach. Breathe in through your nose for 2 seconds. Feel only your stomach expand while your chest stays still. Purse your lips (as if drinking through a straw), and exhale slowly for about 2 seconds. Repeat for 5 minutes a day.



**BELLY RISES  
AND FALLS**

## *Disclaimer*

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