

CREATING NEW POSSIBILITIES

1. Direct your breath to the abdomen.

1. Inhale and expand your belly. Let exhalation happen without controlling it.
2. Inhale and expand your belly backward in your low back, next time to the left side, right, and front. With each inhalation, your belly expands in a different direction.
3. With the next inhalation, expand the belly in all directions - like a big balloon.

2. Inhale in your chest.

1. Inhale and draw the belly in - expand your chest. Let exhalation happen naturally.
2. Keep the belly flat, and with the following inhalation, change the direction of expansion of your chest: to the front, back, left and right under your armpits. Feel with each inhalation how your ribs are expanding.
3. Inhale and expand the rib cage in all directions.

3. Move the breath around.

1. Inhale in your belly (in all directions) - restrict movement in your chest.
2. Inhale, draw the belly in and expand your chest.
3. Alternate - with each inhalation, once expand your belly and restrict the chest, next time expand the chest and flatten the abdomen.
4. Inhale and expand the abdomen, hold the breath and move it from the stomach to the chest (expand your chest) and then back to the stomach. Back and forth until you feel that you need to exhale, take another breath and do it again. Imagine moving a ballon of air from the belly to the chest and back while holding your breath.