

EXERCISE 3



Breathing exercise

Step
1

Place your hands on your lower ribs so that your fingers are connected.



Take a long and deep breath so that you feel your ribs expand. The fingers of the hands should be away from each other. With a long slow exhalation, the fingers of the hands will come together again.

Repeat 5-10 times

Step
2

Put your hands on your belly. Take a long and deep breath in, directing your breath towards your belly. Let him stand out. Exhale slowly - your stomach will return to its starting position. Repeat 5-10 times.

