

EXERCISE 4

Relaxation exercise



The purpose of this exercise is to relax and learn to use your lungs to their full capacity.

You can do it lying down or standing up.

- Place your left hand on your belly and your right hand on your sternum - your hands will rise during the exercise.
- Take a deep breath (through the nose) starting from the bottom of the lungs and exhale through the mouth, releasing it first from the chest and then from the stomach.
- Repeat 8 times.
- For the 9th time, inhale air and when the lower part of the lungs is full, take another breath so that you feel that the entire chest is filled with air.
- While exhaling, make a quiet "uhhh" sound – you should be able to feel our hands sinking into the body.

Perform the exercise for about 5 minutes (performing about 3-4 repetitions of the full cycle).