

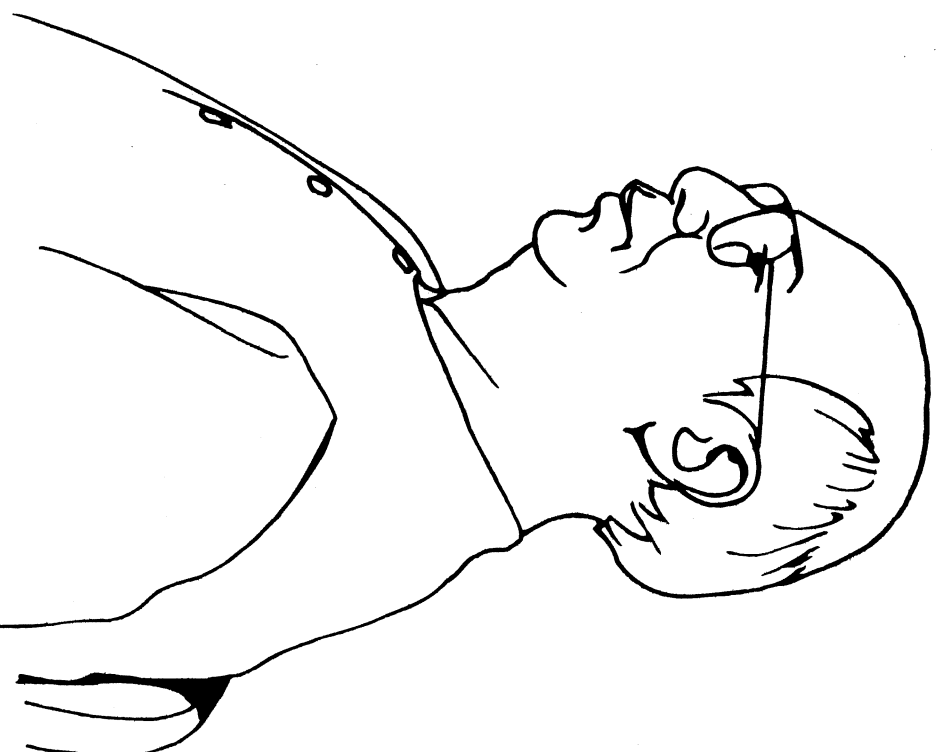
BREATHING TECHNIQUES - 1 Pursed Lip Breathing

Breathe slowly and gently in through nose and out through pursed lips (as if making a candle flame flicker, or blowing a hair off your lip).

Do not force the air out.

Breathe out for at least twice as long as you breathe in.

Repeat _____ times,
_____ times daily.



BREATHING TECHNIQUES - 2 Abdominal Breathing
Standing or Sitting

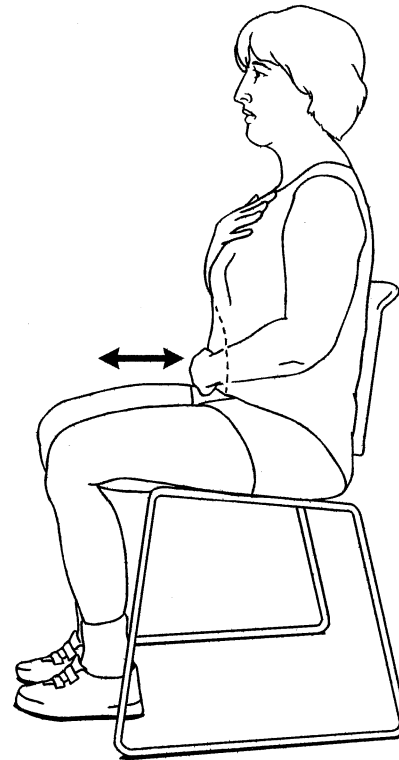
Place one hand over upper chest, other over stomach. Keep shoulders relaxed. Breathe in slowly, letting stomach move out. Keep upper chest quiet. Exhale gently through pursed lips, pulling abdominal muscles in.

Breathe out for at least twice as long as you breathe in.

Remember:

Breathe in – tummy out,
Breathe out – tummy in.

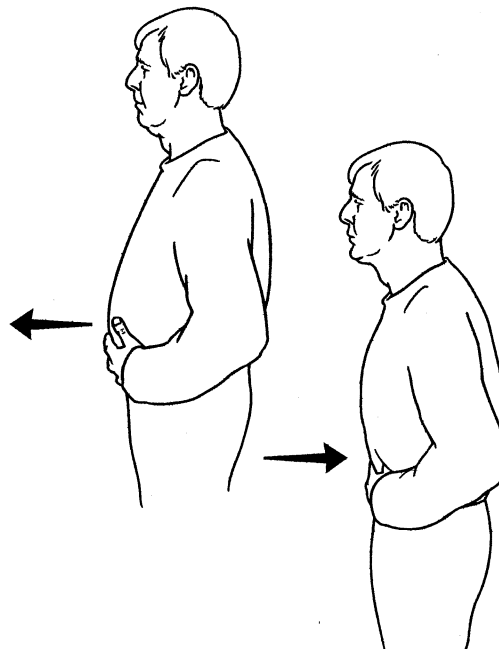
Repeat _____ times,
_____ times daily.



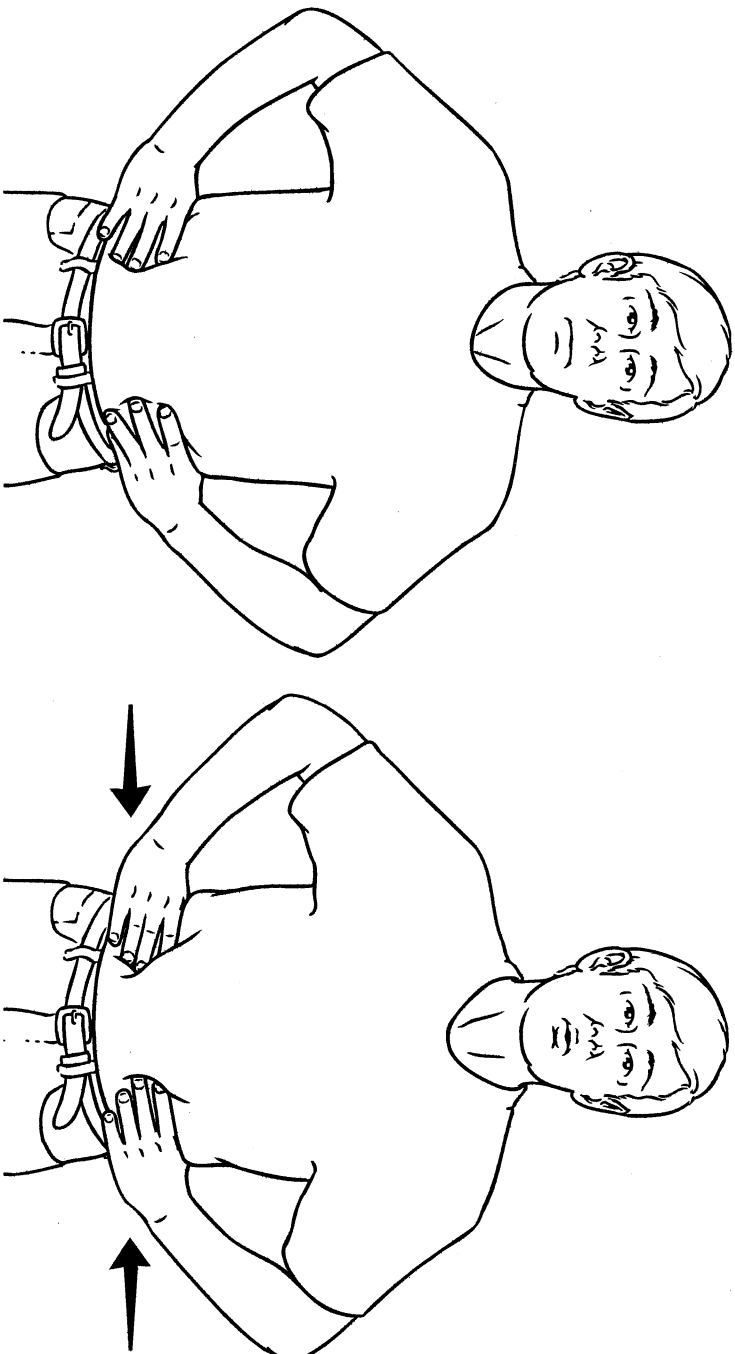
BREATHING TECHNIQUES - 3 Abdominal Breathing
Standing or Sitting

Put both hands over belly, fingers touching. Take a gentle, deep breath in through your nose, letting belly move OUT. Then exhale slowly and gently through pursed lips, tightening abdominal muscles so belly moves IN. Breathe out for at least twice as long as you breathe in.

Repeat _____ times,
_____ times daily.



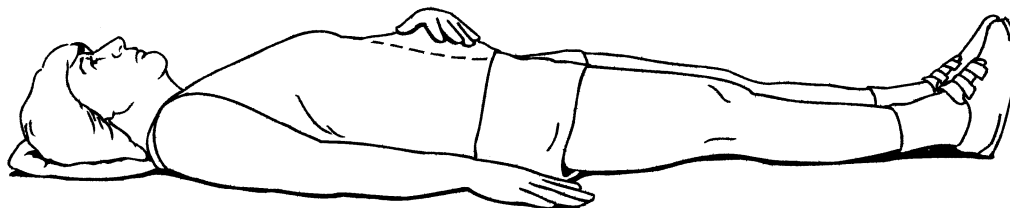
BREATHING TECHNIQUES - 4 Lower Side Breathing



Place hands on lower sides of rib cage. Breathe in, making chest wall expand on each side (hands and elbows move out). Breathe out gently through pursed lips, using hands to squeeze in sides of chest.

Repeat _____ times, _____ times daily.

BREATHING TECHNIQUES - 5 Abdominal Breathing Lying Down

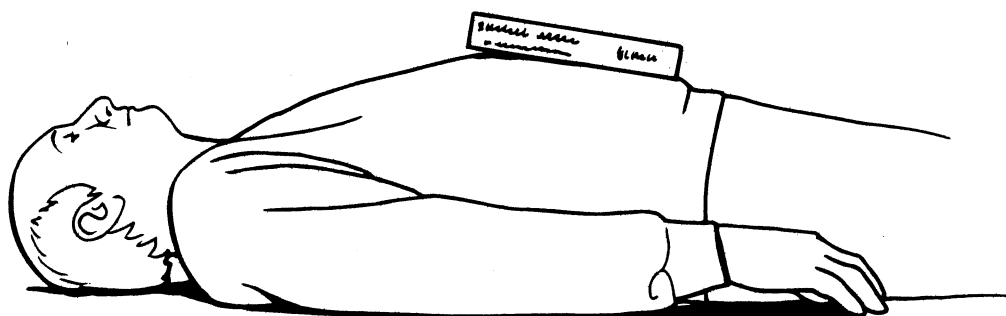


Place one hand on stomach. Breathe in slowly through nose, letting stomach rise. Breathe out gently through pursed lips, letting stomach fall.

Breathe out for at least twice as long as you breathe in.

Repeat _____ times, _____ times daily.

BREATHING TECHNIQUES - 6 Abdominal Breathing Using a Weight



Lie on back with a book on stomach. Breathe in slowly through nose. Breathe out gently through pursed lips. Notice how the book rises when you breathe in and falls when you breathe out.

Repeat _____ times, _____ times daily.