

# BETTER BREATHING EXERCISES

Valarie Anderson, RYT 200h



**Expand Back Ribs**



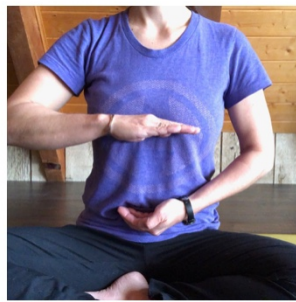
**Expand Side Ribs**



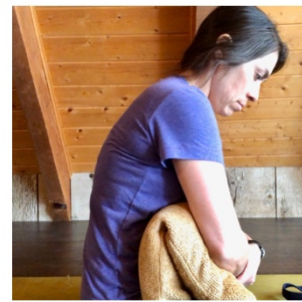
**Find Your Floor**



**Exhale**



**Inhale**



**No Belly Breathing**

Breathing should feel easy and expansive. This simple routine will help to stretch and open the torso in all directions on an inhale (like a balloon), and to soothe the nervous system with a lengthy exhale.

Why is Better Breathing so important? It has a direct connection to your pelvic floor health through intra abdominal pressure (a fancy medical term for the pressure in your belly region controlled by your breathing and core muscle stability). Your breathing patterns can increase or decrease the direct pressure on your pelvic floor beyond normal ranges, sometimes resulting in a dysfunction.

Try these exercises in various planes. Lie down on your belly, side, or back. Lean your back up against a wall or chair. Use your hands to press lightly into the areas you are focusing on. During your own personal assessment, if you find it difficult to move or connect to a particular part of your upper torso, then spend a few more breaths working on moving that area.

Remember to start and end with your regular breathing pattern. Do you notice a difference from before to after? Can you speak kindly to your self without judgement, and simply be curious about what you discover? Over time your breathing should optimize, and I can help with a private session.

You can layer in pelvic floor awareness simply by sitting directly on an object of preferred stiffness, wedge between your thighs. Do you sense any movement in your pelvic floor, or a movement pattern with your breathing? If you don't feel any movement try activating any of the superficial muscles by clenching as if holding urine or fecal matter. Don't forget to relax it all afterward.

Enjoy exploring your own body, and know that the work you do to better your breathing and connect to your pelvic floor will serve you for a lifetime.