

## Breathing Exercises

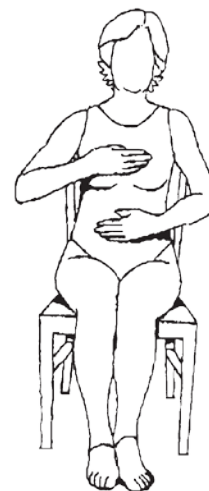
Perform the following exercises to develop central breath control/coordination while vocalizing \_\_\_\_\_ times a day.

Inhale = Take air in / Exhale = Let air out

Visualize the continuous loop for inhale/exhale.

### Abdominal/diaphragmatic breathing

1. Lie on your back with one hand on your chest and the other on your stomach. Breathe gently in through your nostrils. Your stomach moves outward and your chest remains unchanged during inhalation. Exhale through your mouth. While you are exhaling, your stomach should deflate slowly and smoothly. Do this for \_\_\_\_\_ minutes.
2. Do the same as #1, but on exhalation, prolong the /s/. Do this for \_\_\_\_\_ minutes.
3. Do the above exercise in a standing position. Keep one hand on your stomach and the other on your chest. Do this for \_\_\_\_\_ minutes.
4. Do the same as #3, but on exhalation, prolong the /s/. Do this for \_\_\_\_\_ minutes.
5. Do exercise #1 in a sitting position. Do this for \_\_\_\_\_ minutes.
6. Do the same as #5, but on exhalation, prolong the /s/. Do this for \_\_\_\_\_ minutes.



### Breathing for lower back (thoracic - lumbar) expansion

1. Stand up and bend over. Breathe in through your nostrils. Feel your lower back expand with your breath. Do this for \_\_\_\_\_ minutes.
2. Sit in a chair and bend over. Breathe in through your nostrils, feel your lower back expand with your breath. Do this for \_\_\_\_\_ minutes.