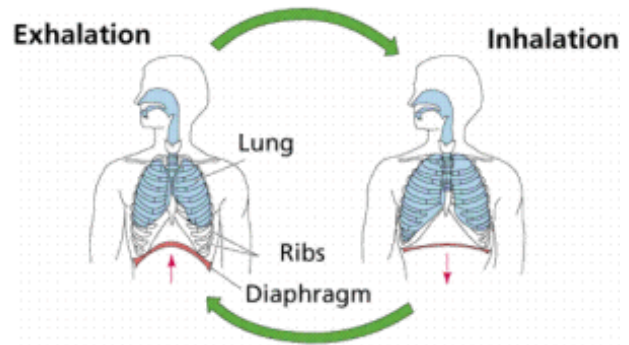


## Diaphragmatic Breathing

*Diaphragmatic breathing is a powerful way to reduce stress and pain. For a guided audio meditation describing this technique, go to: [www.art-of-yoga.com/guided-meditations](http://www.art-of-yoga.com/guided-meditations)*



### Preparation

- Lying on your back with your feet flat on the floor and your knees bent, place one hand on your chest and the other on your belly
- Close your eyes and try and sense how and where your body moves as you breath
- Is there more movement under your chest or belly? Which moves first?
- Notice the timing of your breath – are your inhales bigger and longer than your exhales?

### Diaphragmatic Breathing

- As you inhale, feel your belly rise and lower ribs expand
- On the exhale allow the belly and ribs to relax back inward
- Allow the chest and shoulders to be as quiet, relaxed, and still as possible
- For extra relaxation, try and linger on your exhalations, making them as long or longer than your inhalations

### Sensing

- *Feel the calming effect that this slow, diaphragmatic breathing has on your mind, body, and emotional state*
- *Try not to push the belly out as you breath in – feel the effort coming from your diaphragm muscle to help your lower ribs and belly gently expand*
- *Stop the practice if you feel light-headed or short of breath*

### Benefits

- Increased respiratory capacity
- Decreased stress
- Increased relaxation
- Decreased markers for inflammation, cardiovascular, and metabolic disease