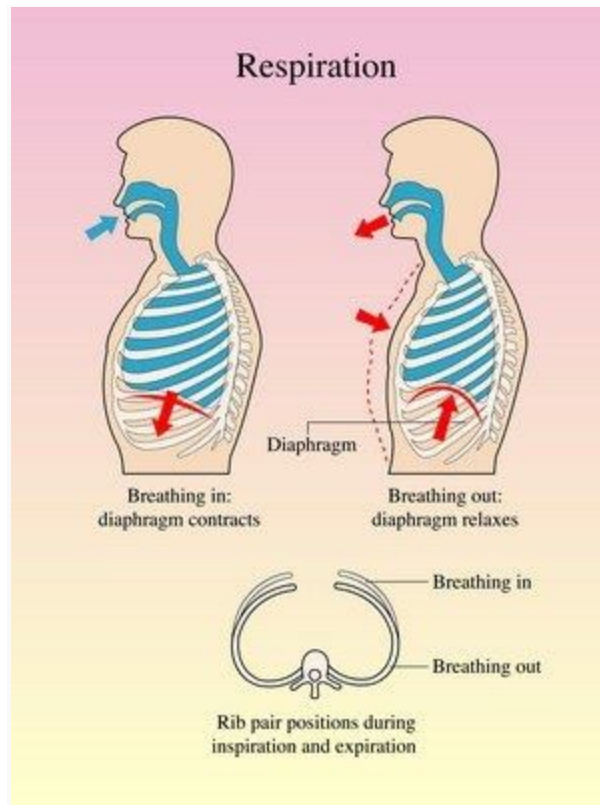


“FINDING YOUR DIAPHRAGM”



Stand with proper posture and a hand on your stomach. Your fingers should be comfortably placed over your belly button. Inhale deeply and focus on the sensation of air filling your belly. Then, slowly exhale the air through your mouth.

Repeat this 10 or 15 times at your leisure.

Focus on your stomach moving outwards instead of upwards. Avoid using unnecessary muscles like the shoulders or chest to facilitate the breathing. Some people find it useful to visualize their stomach, expanding out, and their diaphragm, flattening while their lungs fill with air.