

## BREATHING EXERCISES

### “HAPPY BIRTHDAY”

#### **Exhale.**

*Singing a time old happy birthday song everyone knows will help nail your breathing.*

**1.** Get yourself into the proper posture, place your hand on your belly and concentrate. Take your first breath. Your belly should expand and abs drop downwards. In a relaxed outward motion. Resist tightening your abs or raising shoulders as you breathe in.

**2.** Sing the first and second verse of the song. Hold and extend the “YOU” each time before taking in your breath.

Don’t gasp or suck your air in. Let your belly fall back into a relaxed position. You will feel the air rush into your lungs through your open mouth.

**3.** Repeat above completing the song fully, remembering when you get to the end of your exhale, your belly will be in its inward position. Don’t gasp or suck in your next breath, let your belly fall back to the relaxed position and you will feel the air rush into your lungs.