

## BREATHING EXERCISES

### “HAND ON BELLY”

**Helps with your diaphragm breathing and stops accessory breathing.**

*These exercises should be done in the standing posture mode. Over time, especially if you do a lot of singing sitting down, playing your guitar you can do two sets of each exercise. alternate between sitting and standing.*

1. Place your hand on your stomach, Take your middle finger and place it over your belly button. keeping your new posture position.
2. Clear your head and concentrate on inflating your belly only. As you inhale and fill your lungs, you will feel your belly move outwards.
3. Slowly blow the air out gently through your mouth.
4. Do this, 10 or 15 times over a few minutes. It's important to remember not to lift your shoulders or puff out your chest or (important) subconsciously tense or pull in your belly.

### ***What To Look Out For “Exercise 1”***

If you are doing the exercise right, you should feel your belly moving outwards, not upwards. Get the mental picture in your head, belly moves out diaphragm drops down and lungs fill with air.

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If you are lifting your shoulders or raising your chest (puffing out chest) and pulling in your stomach you are using (assisted or accessory) breathing.

This breathing bad habit of pulling in your stomach, raising your shoulders keeps your diaphragm from dropping and will not allow your lungs to fill with air completely.

Keep concentration when doing this exercise, if you have a full mirror stand or sit in front of it. A good sign of subconsciously pulling in your stomach is if you see or feel your shoulders rising on every breath inhaled.