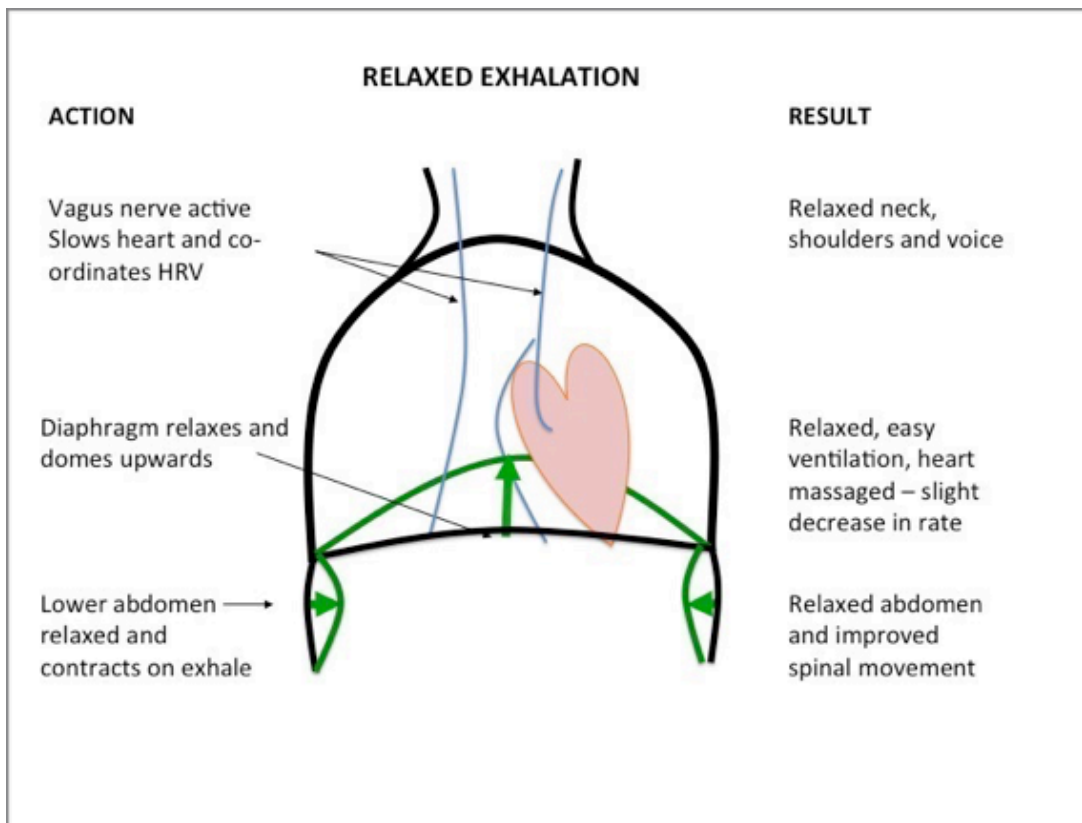


## Diaphragmatic Breathing



1. Keep your spine light and long.
2. Let your shoulders roll backward and down.
3. Breathe through your nose.
4. Relax your chest and let your sternum sink downward.
5. Exhale completely over 5 seconds and pause for 2 seconds.
6. Inhale slowly and evenly aiming for about three seconds.
7. Keep your chest, neck and face relaxed
8. Allow your belly, side ribs and loins (over kidneys) to expand.
9. Keep your face and neck relaxed.
10. Notice your pulse, muscle tone, and skin.