

# Breathing Exercises

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The day can be filled with countless stressors; many times back to back without rest. When you feel stress, your body does too. Conscious breathing allows one to activate the parasympathetic nervous system; also known as the relaxation or "rest and digest" response. This results in decreased blood pressure, heart rate and muscle tension as well as promotion of digestion.

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## Diaphragmatic Breathing

1. Place your right hand on your chest and your left hand on top of your diaphragm.
2. Breathe through your nose for 4 counts, filling the diaphragm and belly with your breath. \*The goal is to focus the breath into the belly raise without the chest rising.
3. Exhale 4 counts through the nose.
4. Repeat and increase counts to 6, 7, 10 as feels comfortable.



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## Box Breathing



1. Inhale slowly through your nose for 4 counts. Feel your belly fill with air and your chest rise.
2. Hold your breath for another 4 counts.
3. Exhale through your mouth or pursed lips for 4 counts. Be mindful of the air leaving your belly and lungs.
4. Hold your breath for another 4 counts.
5. Repeat.

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## Alternate Nostril Breathing

1. With your right hand, curl index and middle fingers into the palm.
2. Softly block the right nostril with your thumb and inhale through the left nostril.
3. Block the left nostril with the ring finger and then exhale through the right nostril.
4. Inhale through the right nostril.
5. Block the right nostril and then exhale through the left nostril.
6. Inhale through the left nostril.
7. Continue for 10 rounds.



# Upper Body Lymphatic Drainage Warm Up Series



FIRST, COMPLETE 2-5 MINUTES OF CARDIO. DO EACH EXERCISE 5-10 TIMES

## 1. Deep Belly Breathing

Complete diaphragmatic breathing as described in "Breathing Exercises" on page 6.

## 2. Pelvic Tilt

Find a lying supine position. Tilt the hips so that the small of the back pushes against the floor. Pause for several seconds then release the contraction.

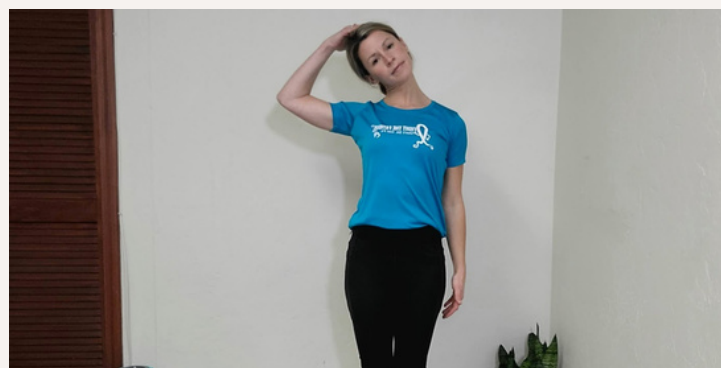


## 3. Modified Sit-Up

Point the chin to the ceiling with the knees bent. Exhale as you raise the chest and shoulders off the ground. **\*Be mindful of avoiding neck tension.** Pause once the abdominal muscles activate. Slowly lower back to the ground. *\*If you have restrictions in abdominal movement, consult with Jenny.*

## 4. Neck Stretch

Inhale as you straighten through the spine and pull the shoulders back and down. Exhale as you tilt the right ear towards the right shoulder. Inhale as you raise back to center. Exhale as you tilt the left ear towards the left shoulder.



## 5. Shoulder Raise

Start in a relaxed shoulder position. Inhale as you lift the shoulders towards the ears. Exhale as you bring the shoulders down and reach for the floor through the fingertips. Return to a relaxed position.

## 6. Shoulder Circles

Start in a relaxed shoulder position. Inhale as you lift the shoulders towards the ears. Exhale as you rotate the shoulders back and down in a smooth, continuous motion.



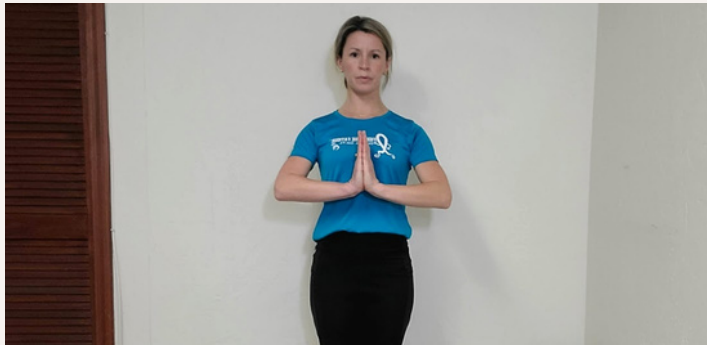
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## 7. Shoulder Squeeze

Bend the elbows to make a 90 degree angle with the arms parallel to the floor. Exhale as you squeeze the shoulder blades together. Pause. Inhale as you return to the starting position.



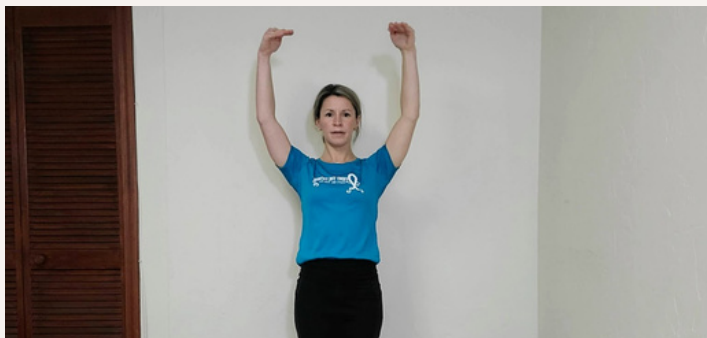
## 8. Chest press

Come to a prayer pose in the front of the chest at shoulder level. Exhale as you push the hands together. Pause. Inhale as you relax.



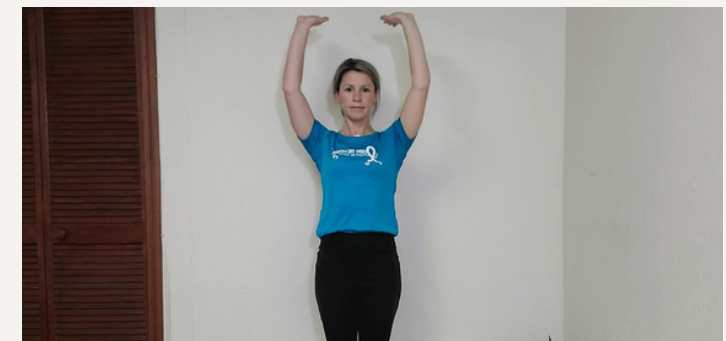
## 9. Arm Circles

Bring your arms out to the sides at shoulder level with palms facing down. Make small circles with the arms while keeping them elevated. Remember to continue to breathe.



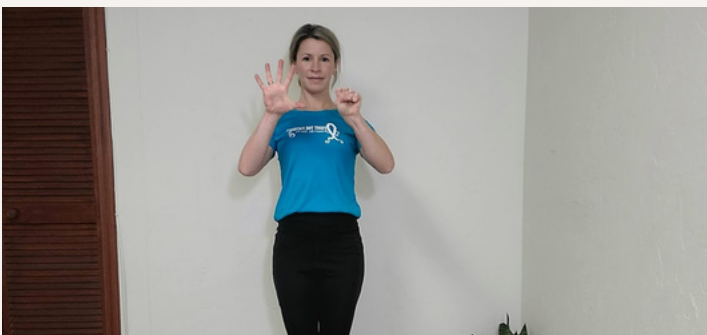
## 10. Wrist Circles

Bring your arms overhead or in front of the body. Rotate your wrists in small circles while breathing.



## 11. Wrist flexion/extension

Keep the arms in the #10 position. Flex and extend the wrists while continuing to breathe.



## 12. Fist Clench

Keep the arms in the #10 position. Inhale as you open the hands and stretch the fingers long (right hand in picture). Exhale and slowly clench the hands into fists (left hand in picture). Pause. Repeat.



# Lower Body Lymphatic Drainage Warm Up Series



FIRST, COMPLETE 2-5 MINUTES OF CARDIO. DO EACH EXERCISE 5-10 TIMES

Complete #1-3 as described in the Upper Body Lymphatic Drainage Warm Up Series

## 4. Bicycles

Come to a lying supine position with knees bent to 90 degrees and the lower legs raised parallel to the floor. Maintain a neutral pelvis as you alternate reaching each leg straight in a bicycle motion.



## 5. Leg Circles

Bring the right foot to the floor and extend the left leg towards the ceiling. Maintain a neutral pelvis as you rotate the left leg in a clockwise and counter-clockwise motion. Complete 5-10 rotations in each direction. Repeat on other side.

## 6. Knee Flexion/Extension

Bring both legs extended up towards the ceiling. Inhale as you bend the knees. Exhale as you extend the legs back towards the ceiling.



## 7. Ankle Flexion/Extension

Bring both legs extended up towards the ceiling. Point and flex the feet at the ankle joint.

## 8. Foot Circles

Bring both legs extended up towards the ceiling. Rotate the ankles in a clockwise and counter-clockwise motion. Complete 5-10 rotations in each direction.

