

# Daily Home Exercise Program for Breathing Therapy

Complete exercises daily.

*Goal* is to breathe at a rate of five breaths per minute, [which generally translates into inhaling and exhaling to the count of six].

If you have never practiced breathing exercises before, you may have to work up to this practice slowly, starting with inhaling and exhaling to the count of three and working your way up to six.

- **Coherent Breathing**

- 1. Sitting upright or lying down, place your hands on your belly.
- 2. Slowly breathe in, expanding your belly, to the count of five.
- 3. Pause.
- 4. Slowly breathe out to the count of six.
- 5. Work your way up to practicing this pattern for 10 to 20 minutes a day.



- **Stress Relief**

- 1. Sit up straight on the floor or the edge of a chair.
- 2. Place your hands on your belly.
- 3. As you inhale, lean forward and expand your belly.
- 4. As you exhale, squeeze the breath out and curl forward while leaning backward; exhale until you're completely empty of breath.
- 5. Repeat 20 times.



- **Energizing HA Breath**

- Stand up tall, elbows bent, palms facing up.
- As you inhale, draw your elbows back behind you, palms continuing to face up.
- Then exhale quickly, thrusting your palms forward and turning them downward, while saying “Ha” out loud.
- Repeat quickly 10 to 15 times.

