

3-Part Breath Exercise

This breath pattern is an invaluable tool for giving your body and mind a quick reset by intentionally guiding your belly, ribs and chest to expand on the inhalation and fully relax on the exhalation. Sometimes called “diaphragmatic” breathing, it is often used therapeutically to reduce pain, anxiety, and sleep disturbance.

Try this breath for a few moments then notice how you feel.

1. Rest your hands on the belly just below the navel. As you take your next breath in, let your belly soften and expand like a balloon. As you breathe out, let your belly sink towards your spine. Repeat 3 times.
2. Rest one hand on your ribs and one hand on your belly. With your next inhale, let your belly soften and feel your ribs expand to the left and right. As you exhale, let everything sink. Repeat 3 times.
3. Rest the hand that was on your ribs on your upper chest, just below your collar bone. As you breathe in, allow your belly to soften, your ribs to expand, and your upper chest to broaden. As you exhale, let everything go. Repeat 3 times. Spend a few moments there, with one hand on the chest and one hand on the belly, exploring the three-part rhythm. Allow this full, easy breath to open and nourish the body.