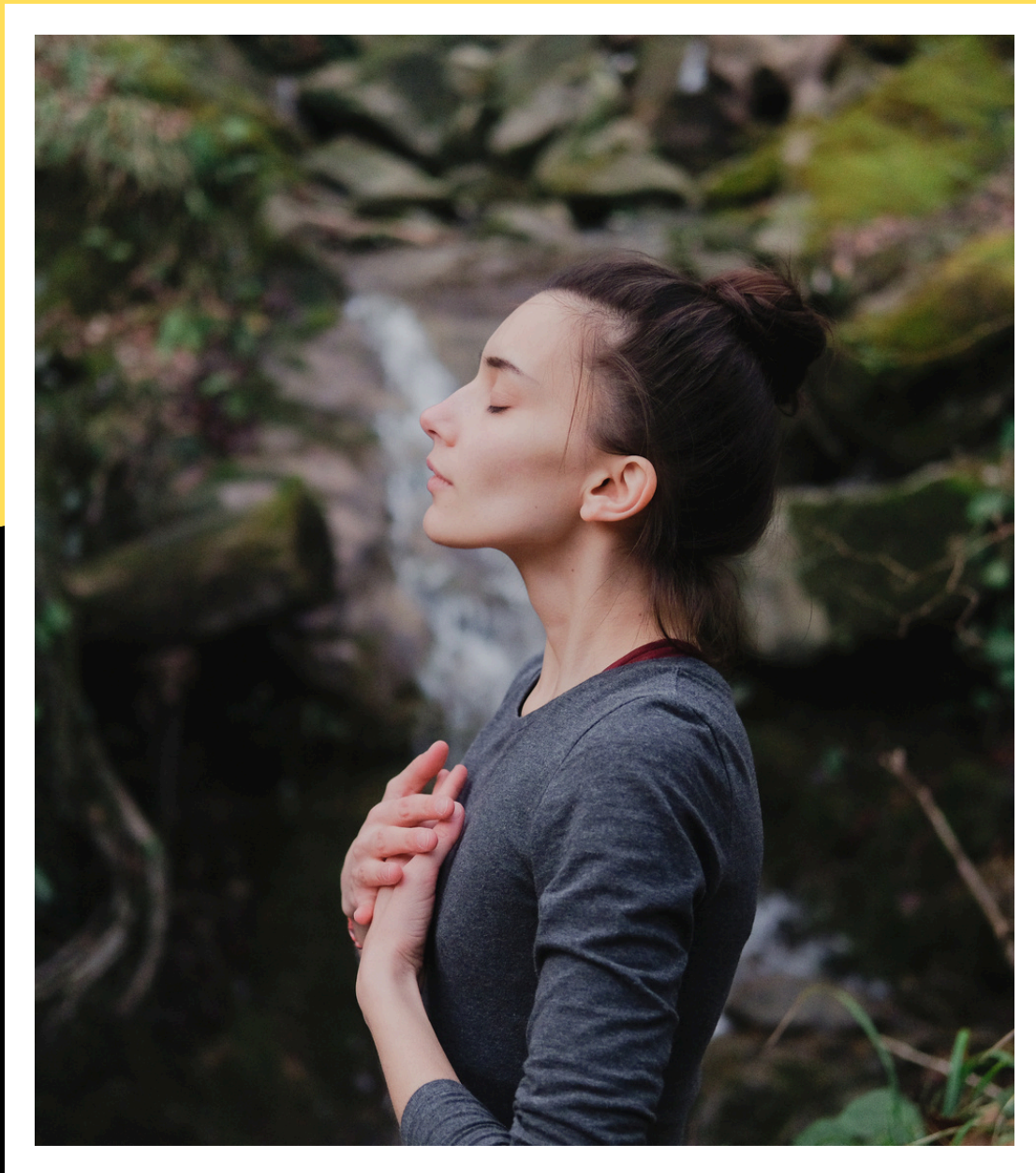


BREATHING EXERCISES



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***Learning to breathe correctly is
learning to live correctly.***

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ALEXANDER LOWEN

Depending on the area of the body we are using, four types of breathing can be distinguished. Below, you will learn about each one and find exercises to help you identify them:

HIGH OR CLAVICULAR BREATHING



This is performed with the upper part of the lungs, thanks to the neck muscles, which pull the upper ribs upward.

As we can observe, this type of breathing is very energizing, so much so that it can easily cause a feeling of anxiety; in addition, we run the risk of excessively tensing our cervical and pectoral muscles.

When we observe this type of breathing, we can notice that the person suffers from anxiety, anger, or stress.

PRACTICAL EXERCISE

- Sit with your back straight, close your eyes, and place one hand on your abdomen. Do not allow your abdomen to fill when you inhale and try to lift the clavicular area, filling only the upper part of your lungs.
- You will feel how the neck stretches, the shoulders lift, and the ribs rise. In fact, if you breathe deeply in this area, you may notice how the air seems to be reaching your head, making it feel much larger.
- Do not perform this type of breathing for more than two minutes, to avoid a possible feeling of anxiety.



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Every breath you take can be an opportunity to start over.

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JACK KORNFIELD

COSTAL OR INTERCOSTAL BREATHING

This breathing takes place in the middle region of the lungs, tones the intercostal muscles; it contributes to maintaining the openness of the rib cage, which is important in the case of leading a sedentary life and when activating our voice. It is a very energetic type of breathing and allows the entire lung to be filled with air.

It should not be overused, as it can cause muscular contractions and lead to a disconnection from the lower part of the body, producing a break in the energetic flow of the organism.

PRACTICAL EXERCISE

- Sit with your back straight, close your eyes, and place your hands around your ribs.
- Press lightly and take several breaths trying to fill that area with air. You will observe that the rib cage expands sideways.
- If you have not practiced this type of breathing before and you take many breaths, it is possible that muscle soreness may occur.
- You can practice this type of breathing for approximately five minutes.



ABDOMINAL BREATHING

This type of breathing works in the lower area of the lungs. The diaphragm and abdominal muscles are involved.

With it, we achieve greater and deeper ventilation, greater mobilization of the abdominal viscera, and it promotes circulatory drainage and cellular oxygenation.

PRACTICAL EXERCISE

- Lie down with your back straight; if it feels better, bend your knees placing your feet on the floor to ensure that your back is fully in contact with the ground. Close your eyes.
- Place a medium-weight book on your abdomen and take deep breaths, trying to lift the book.
- The practice time for this type of breathing should not exceed 10 minutes.



COMPLETE BREATHING

This technique combines all the previous types of breathing. The advantages of this type of breathing are numerous: activation and development of all muscle areas, flexibility and development of the ribs, continuous visceral massage, perfect oxygenation of the brain and all cells, calmness and control over emotions, activation of the immune system, among others.

PRACTICAL EXERCISE

- Sit upright in a chair, close your eyes, and first place one hand on your abdomen, trying to direct your breath there.
- Then place the other hand on your ribs and continue inhaling, trying to fill that area in the same inhalation, feeling how the ribs expand.
- Finally, inhale into the clavicular area; you can help yourself by placing one of your hands on the chest area and observe how this area rises.
- We recommend that the first few times you do not exceed five inhalations, as if you are not used to it, it may cause some physical fatigue.
- Depending on your endurance, or that of your client, you can reduce or increase the time recommended for each exercise.
- It is possible that when you begin practicing, you may feel slightly dizzy at times: in that case, pause before continuing, as dizziness may indicate that you are making excessive effort.
- Take a rest whenever you need it; even if it is not specified during the exercise, do not forget that you come first.

On the path of healing through voice, breath is your root. It is the anchor that sustains you when emotion arises, when sound expands, when the process deepens.

Returning to the breath is returning to a safe place from which you can explore, release, and transform. Therefore, beyond any technique, what is truly essential is that you never lose touch with your breath: therein lies the key to a sustainable, loving, and profoundly transformative practice.





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