

Hello dear participants,

I would like to send you a short overview for the permanent and practical use of breathing.

Please remember what applies to all breathing techniques:

- Don't overdo any exercise and don't force yourself to do anything.
- Beware of the idea of trying to move forward quickly and force results in the blink of an eye. What matters is not the frequency and intensity of practice, but the "mental attitude" and the degree of "inner awareness". Breathing correctly is a maturing process that also depends on mental and physical growth. Often the body still has to do some detoxification and purification processes before you become capable of acting on other levels. Do not hasten or force anything.
- If any anxiety or discomfort arises during an exercise, stop the exercise immediately. In this case, it would be advisable to consult a breathing teacher or perhaps even consider psychological counseling, as various breathing techniques may well result in the release of deep emotional blockages.
- Never do breathing exercises after a meal, but allow at least 2 hours afterwards.
- Free breathing should never be restricted by the pressure of clothing, jewelry or other objects.
- Do not suppress your body's need to do certain things when breathing needs arise during a breathing exercise. This could be, for example, the need to breathe faster or deeper. Then be sure to give in to the needs (this is especially true for beginners)
- Contraindications: If you have lung diseases, you should refrain from following the breathing exercises presented here, or check with your doctor beforehand which ones he considers beneficial to improve your health condition.

Here is the repertoire:

1. yawning:

It quickly creates a deep abdominal breathing. To do this, you should put your head back and then pull down with your jaw. The yawning stimulus will then set in very quickly and deep abdominal breathing will immediately provide more oxygen.

2. listen to the breath:

Gently place the fingertips on top of each other as if there were a ball in the hollow of your hand. This should be felt a little, then listen to the movement of the lower abdomen and breathing.

After 2-3 minutes, there is a change back to the fingertips. This can alternate for several minutes as needed.

3. Activate the diaphragm:

For better awareness of the diaphragm, reactivation is useful.

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Lying on the back, an empty plastic bottle (you surely remember well my attempt) is placed on the lower abdomen (preferably the navel).
Exhale deeply and then inhale deeply. As you inhale, the bottle should roll away.

4. the locomotive:

I place one hand on the solar plexus. Now I start a deep exhale so that the diaphragm is strongly contracted. The upper abdomen becomes flatter in the process. When all the air has been squeezed out, breathe in through the nose and out through the mouth. The train starts slowly. You can then vary the speed like a steam locomotive that starts, speeds up and eventually slows down again.

5. regeneration:

While sitting, count your breath. This starts with inhaling and exhaling for about 3-4 seconds, then gradually increasing the duration of inhalation and exhalation in increments of seconds each if necessary. Exhalation can be controlled through the mouth most easily for the beginning. Later, breathing can be done completely through the nose.

If you have any further questions, please feel free to contact me!

Best regards

Ali