



Supine diaphragmatic breathing with pelvic floor awareness

Prepare

- Begin lying on your back with your knees bent and feet resting up on a chair (or on the floor feet flat if you don't have a chair).
- Place one hand on your chest and one on your lower belly.
- Breathe in once through the nose then exhale fully like you're blowing out candles.
- Pause in that position for a moment feeling how your ribs have moved slightly down and in.

Movement

- Slowly take a breath in through the nose, focus on feeling an expansion of your lower belly, pelvic floor, and entire waistline.
- Exhale slowly through your nose or pursed lips and feel your pelvic floor lift slightly.
- Repeat for 10-20 slow breaths, 2-3 times/day.

Hint: Your upper chest and shoulders should remain relatively still while your entire waistline should expand out toward your elbows as you inhale.