



Diaphragmatic Breathing:

Deep breathing allows you to de-stress, get centered, be present and find peace.

One of the most powerful and key ingredients I learned through doing Yoga, is proper diaphragmatic breathing. I believe that many of the benefits of Yoga are due to the mindfulness and presence that is gained, while adding this breathing in conjunction with moving into each posture. Diaphragmatic breathing also increases oxygen intake to all body cells; increasing oxidation and burning fat cells. Studies have shown that cancer cannot survive in an oxygenated area.

The truth is, we were born breathing this way and unlearned it, while developing the habit of breathing shallower with stressors in our lives.

Have you ever noticed how you stop breathing or hold your breath when you get stressed or are doing something difficult? I used to work in a health club and frequently observed people holding their breath when they were lifting something heavy.

Whether it is physical or emotional stress, we have gotten into the habit of holding our breath when we need oxygen the most!

Diaphragmatic breathing is also the best way to work your abdominal muscles (which will strengthen your core) and can flatten your belly.

To me, learning to breathe correctly, has been beneficial in a variety of ways and has been such a powerful tool toward achieving true wellbeing. I have been incorporating diaphragmatic breathing in my workouts and everyday life for many years now. It is the first thing I teach clients, knowing the dramatic results that come from making a simple but powerful adjustment. Most people I've encountered really haven't experienced the benefits of deep breathing and the importance of how adding this practice alone, can improve every area of your life.

Benefits of diaphragmatic breathing include:

- Releases muscular tension around the heart and digestive organs.
- Helps sufferers of respiratory illnesses; such as asthma and emphysema, to overcome the fear of shortness of breath, by actually increasing lung capacity.
- Encourages proper nervous stimulus to the cardio-vascular system.
- Dramatically reduces emotional and nervous anxiety.
- Improves detoxification, through increased exchange of carbon dioxide and oxygen.
- Amplifies the auto immune system, by increased distribution of energy to the endocrine system.
- Improves digestion and sleep.
- Calms the mind and integrates the mental / physical balance.

Okay, are you ready?

Let's Practice together

Close your eyes and put your hands on your belly. Take a slow, deep breath to the count of four... as you do, fill your belly with air, (imagining that you are blowing up a balloon). Hold your breath for a count of three, then slowly exhale, letting out more air than you took in. As you release the air, imagine pulling your belly into your spine.

Repeat 2-4 for more times.

Vagus Breath

This breathing is practiced the same as above, the only difference is that you add an “ah” sound as you exhale. Doing this activates the Vagus Nerve, which connects the brain to the belly (also, known as the second brain). By connecting the breathing with the sound, you release Oxytocin (a “feel good” hormone.)