

Diaphragmatic Breathing

Objective: to help the body release tension and promote relaxation through diaphragmatic breathing.

Prepare:

- Sit in a comfortable position.
- Close your eyes and keep your legs apart, with your feet and shoulders relaxed.
- Place your right hand on your abdomen, between the ribcage and the navel, and your left hand on your chest.

Practice:

- Inhale normally through your nose and exhale through your mouth. Pay attention to the rising and falling of your hands as you breathe.
- As you inhale, imagine your abdomen as a balloon filling up, causing your right hand to rise. As you exhale, the balloon deflates and your right hand lowers.
- Notice that while your right hand rises and falls, your left hand does not move, and you don't feel the air in your chest.
- Do not force your breathing; focus only on the movement of your hands.
- Now, slow down your breathing rhythm, taking a slow pause of about 2 seconds between each inhalation and exhalation.
- Pay attention to the tension that is released with each exhale.

Finish:

- Take one last deep breath, filling your abdomen with air.
- Exhale slowly, noticing the feeling of lightness and calm in your body.
- Remain in this state for a few moments before resuming your activities.

Observations:

