

Diaphragm Rehab Positions



Perform the recommended breathing exercise each day for three to five minutes, twice a day, for 2 weeks minimum. Your entire tongue should be on the roof of your mouth, with your lips closed. Therefore, you are breathing quietly in and out through your nose only, slightly expanding your lower rib cage and not your upper chest. **NO MOUTH BREATHING!**



Breathing Positions -1



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Breathing Positions -2



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Breathing Positions -3



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Breathing Positions -4



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Breathing Positions -5



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Breathing Positions -6



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Breathing Positions -7



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Breathing Positions -8



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Breathing Positions -9



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Suggested Reading

The Breathing Cure and Oxygen Advantage by Patrick McKeown