**Breathing with Physical Activity**



1. Stand tall. Imagine a piece of string pulling you upwards towards the ceiling.
2. Place your hands on either side of your lower ribs.
3. Begin to walk with your mouth closed, tongue on the roof of your mouth, lips together, jaws relaxed, breathing in and out through your nose.
4. As you breathe in, feel your hands moving gently outwards. As you breathe out, feel your hands moving gently inwards.
5. Take the air slowly into your nose. Breathe soft, light and slow, only taking the amount of air that you actually need.
6. Now I would like you to slow down your breathing to create a comfortable need for air. I would like you to feel slightly breathless, to feel you are not getting enough air. If the air hunger gets too much, slow down your pace or breathe a little deeper.

**Repeat this exercise for 3-4 minutes.**