



Putting the 'breath' back into diaphragmatic breathing

An in-depth understanding into diaphragmatic breathing and all its benefits

What is Diaphragmatic breathing?

It is a type of breathing that allows one to make use of their diaphragm (A muscle that allows for inspiration to take place) in conjunction with other muscles in the thoracoabdominal region in order to gain better respiratory function. It has been found to have multiple benefits on a physical and mental level.



The aims one can achieve with Diaphragmatic breathing involve:

- Improved Breathing Control
- Improved Posture Awareness
- Improved mobility within the thoracoabdominal region

What are the benefits to Diaphragmatic Breathing?

- Improved sense of exercise tolerance and core stability
- Improved relaxation which can lower cortisol that can affect stress levels in the body
- Improved respiratory function and lower blood pressure and heart rate levels

How can one breathe Diaphragmatically?

- You can lie on a flat surface (yoga mat/ carpet or bed) in a crook lying position. For further support, please make use of a pillow under your knees or head.
- Place your dominant hand right below the rib cage around your tummy with your less dominant hand on your chest.
- Breathe in slowly and deeply through the nose allowing air to fill all the way towards the lower belly region. Ensure that the hand on your chest is kept still whilst allowing the one on your belly to rise.
- Upon breathing out through pursed lips, ensure that your dominant hand is sinking into your body and belly into its original position.

“The wisest one-word sentence? Breathe”

– Terri Guillem et s