

Anatomy of Diaphragmatic Breathing

Five Qualities of Breathing:

- Deep
- Even
- Smooth
- Without Pause
- Without Noise

Movements Related to Diaphragmatic Breathing:

In Crocodile

- Feel the abdomen moving
 - pressing into the floor on the inhale
 - relaxing on the exhale
- Feel the low to mid back moving
 - expanding and rising on the inhale
 - sinking and relaxing on the exhale
- Feel the mid to lower ribs at the sides moving
 - expanding and gently lifting on the inhale
 - relaxing on the exhale

In Corpse

- Feel the abdomen moving
 - expanding and filling on the inhale
 - relaxing on the exhale
- Feel the ribs at the sides and in back moving:
 - subtly expanding on the inhale
 - relaxing on the exhale

In Seated Pose

- Feel the abdomen moving
 - expanding on the inhale
 - relaxing on the exhale
- Feel the ribs at the sides and in back moving
 - expanding and gently lifting on the inhale
 - relaxing on the exhale

