

Deep Breathing – Respiratory & Lymphatic Pump

For improved posture and improved energy levels

Lay flat on your back on the floor or on a bed.

While Inhaling extend your head and neck by elevating the chin. Concentrate the motion in the upper neck area.

At the same time point your feet down, away from your head. (See Example A)
When you reach full inhalation and extension – hold for a count of three and then begin to exhale SLOWLY.

While Exhaling move your chin down into your neck without raising your head or shoulders from the floor or pillow.

As you move your chin, bend your feet upward toward your head. Your head should reach full flexion at the same time you reach complete exhalation. (Ex. B)

Perform this exercise for one complete minute – breathing deeply, but at your normal rate. Stop the exercise if you become dizzy or light-headed.

