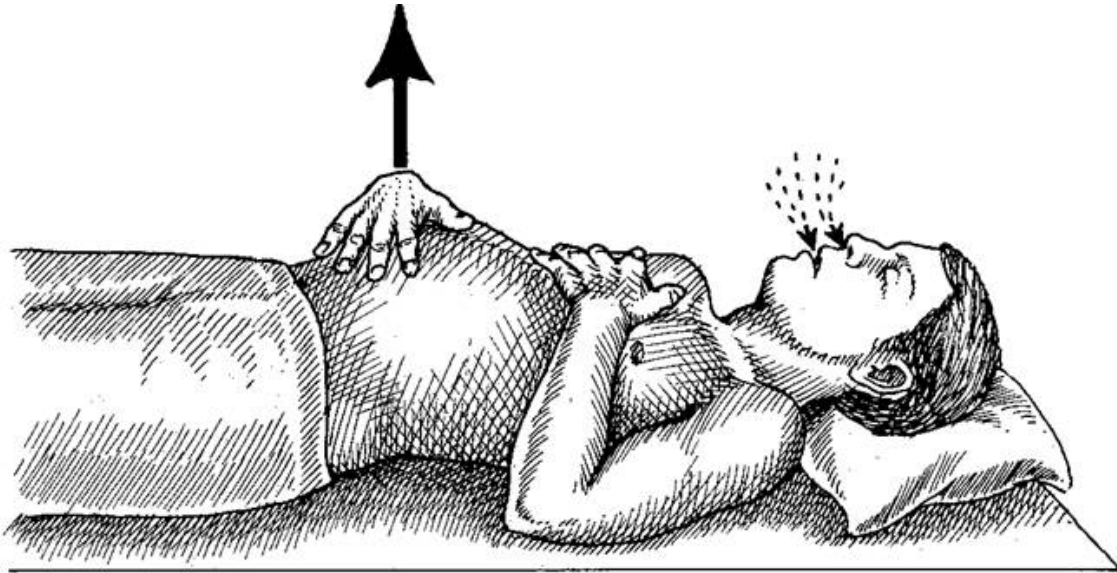


## EXERCISE FOR PROPER BREATHING

Perform this exercise 10 repetitions, 5 times daily



Lay flat on your back with your head comfortably positioned on a pillow. Place one hand on the stomach and one hand on the front of your chest in order to feel how your body moves as you breathe.

1. Inhale deeply and let the belly lift upward towards the ceiling. Do NOT let your chest raise to the ceiling. Use your hand to make sure that your chest is not moving.
2. Exhale and let the belly relax to normal position.

While performing this exercise, focus on relaxing the chest, neck, and shoulders as much as possible.