

# BREATHING

- ✓ Breathe in through your nose and out through your mouth when taking a deep breath or performing PRI non-manual techniques.
- ✓ Focus on allowing your chest wall (especially the right upper and lateral side and left posterior mid-back region) to expand when you inhale.
- ✓ A balloon is a great tool to help facilitate abdominal opposition for the diaphragm during inhalation. Consider blowing up a balloon in these positions, as you keep your tongue up on the roof of your mouth when inhaling.
- ✓ If you are unable to blow up a balloon, try a kazoo, straw, or party favor.



For additional activities and recommendations, please visit [www.posturalrestoration.com/pri-resources/pri-living](http://www.posturalrestoration.com/pri-resources/pri-living)

