How to Breathe and How to Test Your Breathing

Why do we breathe?
- To oxygenate your blood
- Feeds your brain
- Make better decisions

How should we breathe?
- Low and slow, low and fast
- Keep the airways open (posture)
- Don’t hold your air in
- In and out
  - Resistance plays a part

Test Your “In” Breath
- Lay down
- Case against the wall
- Hand inhale
- Expansion
  - Bottom
  - Side (ribs)
  - Back – lean over

Visualize Your Breathing
- Open ball
- Ballet jumps
- Surprise breath “Oh!”

Test Your “Out” Breath (sustain/direction)
- Pinwheels
- Balloons/ breathing bags
- Pneumo Pro™

Plan Ahead
- Breathing maps
- Practice coming into and out of breaths
- Map out your breaths and practice them to make sure you will have optimal oxygen supply while performing
- Choreograph your breathing