

Tip of the week! 2 juni 2020

This weeks tip is about exercising Breath Support

As promised I will point out some of my favorite exercises. Whether you are a pro or a beginner these exercises will help you out.

First exercise

Locate the muscles:

Bend over, try to relax all the muscles especially your neck. Ask someone you know well to stand behind you and put some pressure on your body just by putting both his/her hands on the lower rib. (you will recognize this particular rib because of the shortness and flexibility) Just breath in and out through your mouth noticing the pressure. you will probably find the pressure a bit annoying at first but when you start using the right muscles you learn to create the counter pressure. This way you use the muscles between your ribs (intercostals) to keep the lungs wide and the diaphragm low.

Try to create counter pressure with every breath you take. Every time you exhale you rise a bit towards upward position until you stand up straight again, this can take a few minutes. You can feel a bit dizzy afterwards, this is normal. Your body inhales a lot of oxygen and when you're not used it this can cause dizziness. Relax and don't overdo it

Next Step

When the previous exercise went well and you feel comfortable enough try this one: you inhale and stay in this position for let's say 3 seconds. Be aware of the pressure that might build in your throat, try to avoid this at all times!

When there is no one around to help you, you can do the first exercise using a chair. Just put your hands in the right place, push a bit inwards, sit down on the chair and lean forwards. Every time you exhale you rise a bit until you're in upright sitting position.

Have fun!