

Techniques to increase awareness of Breathing Out

In Principle

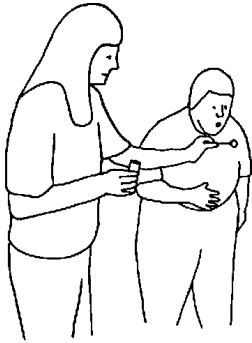
It is necessary to breathe out through the mouth for talking, singing, blowing, whistling, coughing, puffing, and panting.

Different ways of Blowing

Blowing bubbles

Caution:

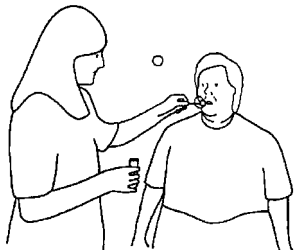
Care is necessary not to drink or suck in the substance of the bubbles.



Trainer stands beside student with the holder filled with bubble liquid. Student takes a big breath in.

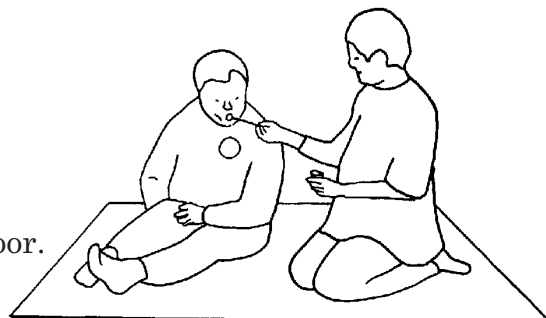


Student blows out through the holder making a bubble.



Seeing the bubbles helps student to understand that the air leaves the body when he breathes out.

Blowing bubbles, same as above only sitting on the floor.



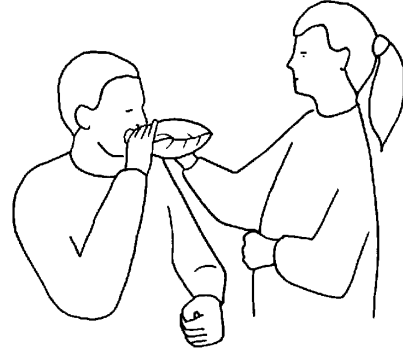
Blowing into a balloon

After student takes a deeper breath, he blows into a balloon as hard as possible in an attempt to inflate it to its full size.



Blowing into a paper bag

Trainer holds a paper bag at student's mouth, for him to blow into it to increase its size.



Blow out a lighter flame

Trainer and student kneel on floor. Trainer holds a lighter in front of student and flicks it on, for student to blow out.



Blowing party blowers

Trainer kneels beside seated student. They each have a party blower and together blow through them.

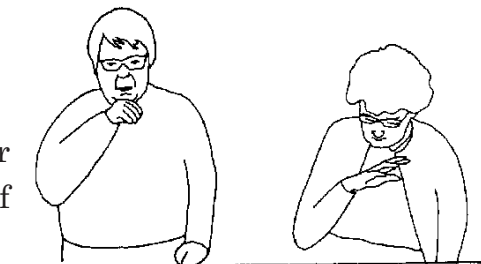


Blowing on to back of hand or into palm and feeling warmth of breath



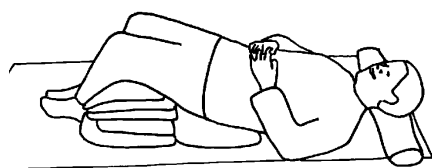
Trainer holds hands of two students who are sitting either side of him. He instructs them to breathe out on to the hand, through the nose if possible. Trainer observes to see whether students breathe out through their noses or their mouths.

Here both students breathe out through their noses. Trainer tells them to feel the warmth of the breath on the back of their hand.



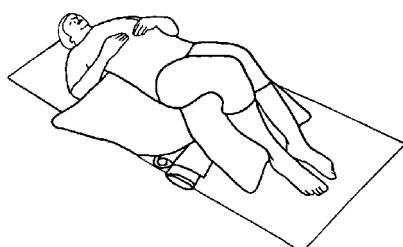
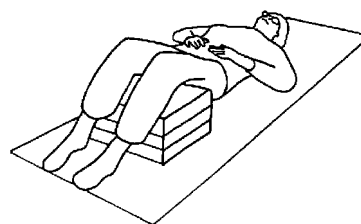
Lying, with comfortable supports, experiencing the breath variations

A rolled mat is placed under the student's head, a cushion under the buttocks and four cushions under the bent knees.



Hands resting on tummy, and student concentrates on the diaphragmatic breath.

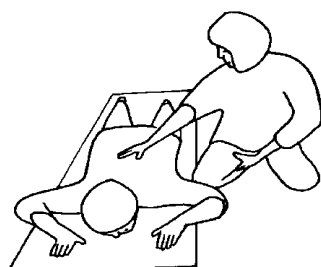
This is a comfortable semi-supine lying position with legs supported by three blocks underneath them. Hands positioned in line with the diaphragm and feeling the breath flow in and out.



Here student is lying semi-supine on a folded blanket and a rolled mat and a large cushion supporting the bent legs with feet comfortably resting on floor. Hands on diaphragm feeling the tummy gently rise and fall with the breath.



This young student is kneeling with fingers on tummy feeling it moving in and out with her breathing.



Student lies on the tummy with arms forward, and elbows slightly bent. Trainer places her hand on the mid-back area so as to make student aware of the movement of the breath, up and down in the back.

Trainer places her hands at the student's sides in line with the lower ribs, so as to carefully assist the ribs to deflate while student breathes out, saying "ah".

