



THREE STAGE BREATHING

ONE TECHNIQUE THAT MIGHT HELP YOU RELAX THE BELLY.

This is a breathing technique I learned during my Yoga Teacher Training. It helps you become familiar with your breathing, to really understand how you bring air into your body and how you release it. It allows you to assess how you breathe and provides the necessary steps to train yourself in achieving a more complete and deep breath. Please be patient and kind to yourself when practicing this technique. Sometimes, it just takes time to adapt to this profound kind of breathing. If you have any questions after practicing it, feel free to send me a private message via [Relax the Belly Instagram](#).

STEP ONE

- Find a comfortable place where you feel at ease and free from interruptions.
- Once you've found it, lie down. This could be on a bed, couch, or a mat on the floor. Bend your knees so the soles of your feet are fully touching the ground. This will help your back rest completely against the surface you're lying on.



STEP TWO

- Place your left hand on your chest and your right on your lower belly. Just observe your breathing.
- Can you feel your breath?
- In what parts of your body do you feel it?
- Do your hands move or stay still?
- Is there room for the air to come in? Is there space for it to leave?
- Just feel.

STEP THREE

- Place both hands on your lower belly.
- Inhale deeply through the nose, sending the air into your belly as if you wanted to lift your hands with the breath. As you inhale, feel the belly rise, feel your hands lifting.
- Once you've reached your full capacity, exhale all the air through the nose. (If you're just starting out, it's okay to exhale through the mouth.)
- Feel your belly deflate and your hands lower as the air leaves your body.
- Repeat this 3 to 5 times.

STEP FOUR

- Place your hands gently around your ribs, right hand to right ribs, left hand to left ribs. Repeat the previous steps.
- Inhale deeply, feeling the ribs expand and the hands move.
- Remember, we are 3D, so as the ribs expand, feel the breath spreading front to back as well.
- Exhale fully, noticing the ribs gently return inward.
- Repeat 3 to 5 times.

STEP FIVE

- Place both hands over your chest.
- Repeat what you did before: inhale deeply as if sending the air to your hands. Feel the chest expand and the hands rise.
- Exhale through the nose (or mouth), feeling the chest soften and the hands return.
- Repeat 3 to 5 times.

STEP SIX

- Leave your left hand on your chest and bring your right hand back to your lower belly.
- Now do the full three-stage breath:
- Inhale deeply through the nose. First, fill the belly, feel your right hand lift. Then, expand the ribs, feel the movement around your torso. Finally, let the breath rise to your chest, feel your left hand lift.
- Exhale through the nose, feeling the chest, ribs, and belly return in that order.
- Let the sensation be like a wave, rising and falling, lifting and releasing.
- Do this for a few minutes. Then, let your hands rest and allow your breath to return to its natural rhythm.
- You may stay lying down for a while, enjoying the calm this practice brings. When you're ready, gently sit up and stand, at your own pace.



KIND FINAL NOTES

Always approach this practice gently and with kindness. Be intentional with your breath, but respect your limits. Don't force yourself to inhale or exhale more than feels natural. Bring awareness to the parts of your body you're breathing into, but only as deeply as feels right for you at the time.

With consistent practice, you may begin to notice a shift or change. This takes time, be patient with yourself.

Be kind, and this tool will help you let go and RELAX THE BELLY even more.