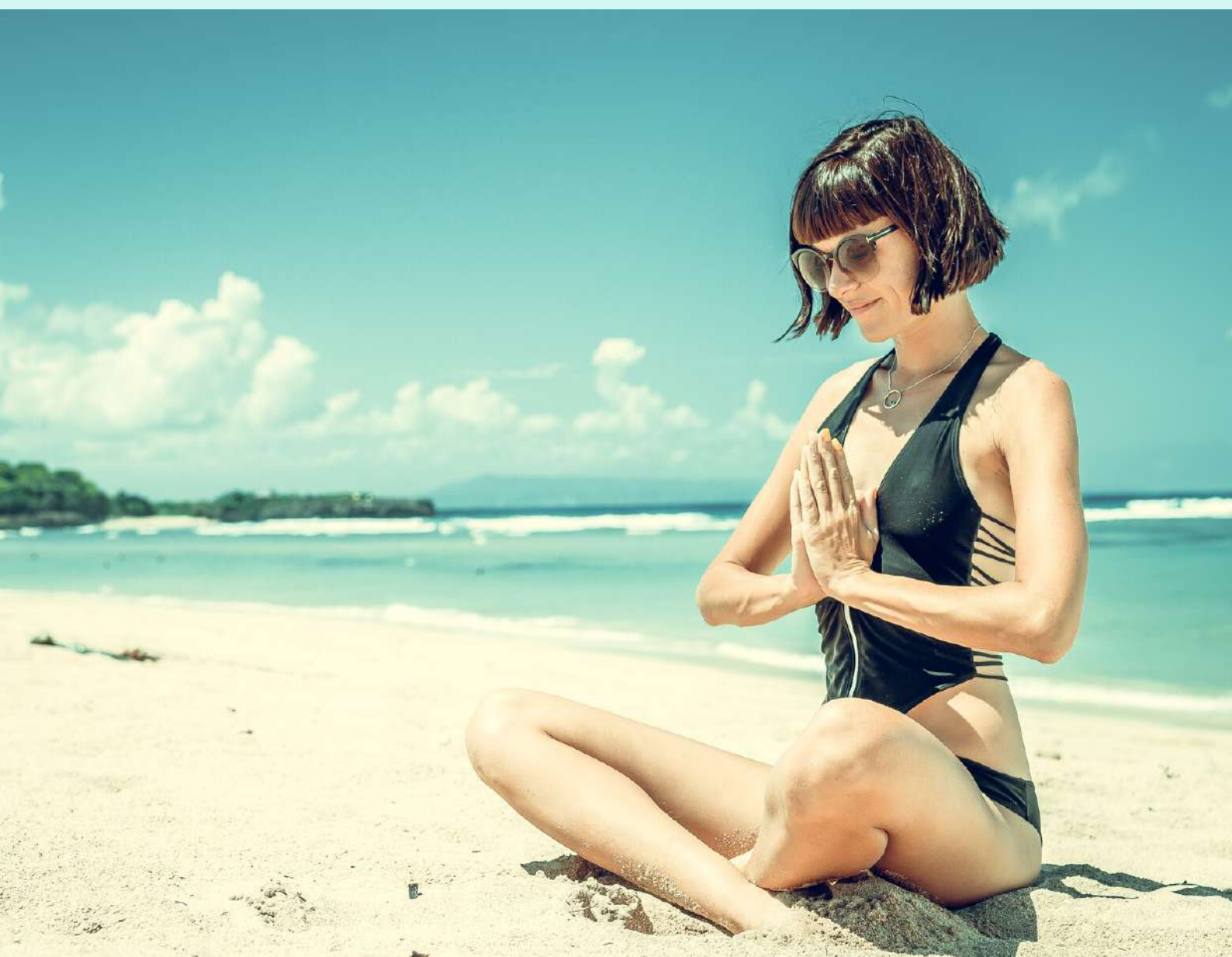


Breathing EXERCISES

Simple tools to calm your body & mind



IN BALANCE PILATES.CA

Breathing Exercises

Thanks for being here!
These breathing exercises will help you
find calm and peace anytime.

Take a deep breath.

We've all heard that saying so many times.

Deep breathing allows you to focus on the present moment and brings instant calm to your body & mind.

By mastering the art of deep breathing, increased oxygen flows into the body, eventually helping the heart rate to slow down to create feelings of calmness and relaxation.

Breathing exercises don't have to take a lot of time and anyone can do them for instant stress relief. Set aside time daily to do your breathing exercises.

Also, use them to instantly access a sense of calm, as your "go to" exercise in times of anxiety & stress.

Deep breathing is one of the best ways to lower stress in the body and mind.

By breathing deeply, you allow the diaphragm to drop downward, the rib cage to expand and create more space for the lungs to inflate.

Deep breathing decreases nerve activity in the sympathetic nervous system, which preps the body for physical activity and exertion, and increases the influence of the more quieting parasympathetic nervous system, which regulates the relaxation response...try it!

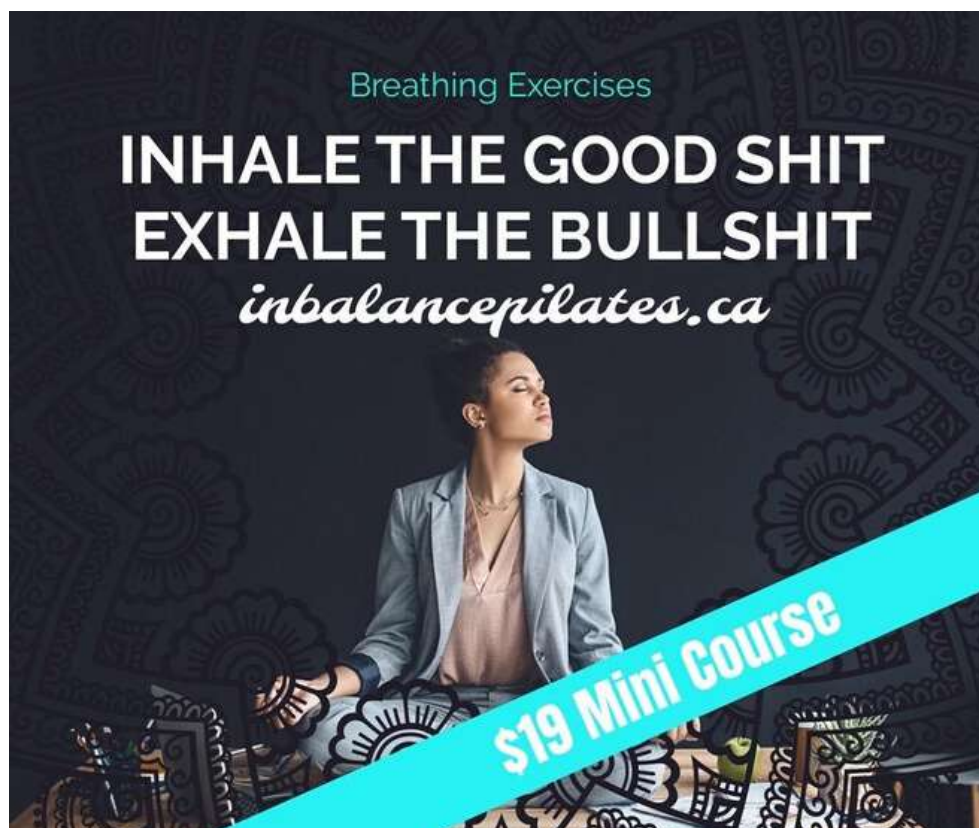
The way you breathe affects your whole body. If you are breathing shallow with tension vs. breathing deeply with a calm body you will feel completely different in your body and mind.

Breathing Exercises

Use these Breathing Exercises as a way to calm any tension in your muscles, relax any worries you have and focus on the present moment.

Add Breathing, Meditation, Movement, Pilates and Mindset exercises to obtain a [Healthy Brain & Optimal Posture \(Enroll in our online program\).](#)

Watch the **VIDEO** here:



Breathing Exercises



Meet Lisa Khera

Lisa Khera is a certified STOTT PILATES, PiYo & Barre instructor in Ottawa, ON, who specializes in Matwork®, Reformer®, Cadillac®, Chair, Barrels® (Arc, Ladder, Spine Corrector®), and Injuries and Special Populations.

Lisa is a co-author in the best selling book *Women Who Inspire* — her story of resisting things in business until a concussion forced many changes and life lessons and creator of the signature online Pilates, Meditation & Mindset course

[Healthy Brain & Optimal Posture.](#)

In 2000, Lisa started taking Pilates classes and Reformer sessions to rehabilitate a back injury. She realized the many benefits Pilates provided for chronic injuries, stress relief and self care. Trained as a physiotherapy assistant, her attention to detail and comforting nature makes her an excellent choice for your Pilates sessions.

Lisa has completed extra certifications through Yoga Birth Method; The Fertility and Yoga Instructor course and Yoga Birth Instructor Course, best-selling author program and facilitates her online Pilates program.





*“Let the breath be your
anchor.”*

Lisa Khera

Breathing Exercises



PURSED LIP BREATHING - PILATES BREATH

Breathing in through the nose and out through the mouth can help regulate the breath and encourage a fuller breath pattern. Exhaling through slightly pursed lips may bring more awareness to the contraction of the abdominal muscles - which helps stabilize joints and improve posture.

The abdominal wall (transversus abdominis in particular), which is a support for the inner organs, also aids in forcing air out of the body as it compresses the abdominal cavity. Contraction of the deep pelvic floor muscles will achieve co-contraction of the transversus abdominis.

Activation of these deep stabilizing muscles should be incorporated into the breath pattern. Feel the pelvic floor muscles gently lifting as you exhale and completely relax as you inhale.

Try it seated, laying on your back or on all fours.

To feel activation of the transversus, lie in a neutral position and place fingertips just medially to your hip bones ASIS (anterior superior iliac spine).



Breathing Exercises

On an exhale, perform a submaximal contraction of the transversus, feeling it pull inward beneath the fingers without changing the position of your neutral spine.

Breathe out through your pursed lips as though you are blowing out a candle or out through a straw. Use the pressure of the forced out expiration to feel the contraction of the deep TRA and pelvic floor muscles.

Avoid the feeling of hollowing or over doing it, there should be no muscle bulging beneath the fingers.



WORD BREATH

This technique uses imagery or focus words and phrases to think about with each breath.

Sit or lie down comfortably.

Begin by taking a few deep breaths.

Inhale and combine your deep breath with imagery and a focus word. Use any words that suit you: peace, calm, health, love. Imagine the air you exhale washes away tension and anxiety.



Breathing Exercises

Example: Inhale love, exhale health

Inhale peace, Exhale calm

Inhale wellness, Exhale strength

Use any words or phrases that feel good to you in the present moment.

3. GROUNDING BREATH

This exercise will give you the tools of breathwork and meditation.

Sit comfortably with your feet on the ground. Notice your posture and lengthen your spine. Notice any tension areas and find a pain free position. Take some full relaxing deep breaths. Imagine an anchor, strong rope or cord attaching from your body at the tailbone down to the core of the earth.

It is secure and grounded. Use the image of the grounding cord or anchor to send any pain, tension or negative worries down to the earth.

You can imagine being free of those heavy thoughts and letting them leave your body with each grounding breath.



Breathing Exercises

4. EQUAL BREATHING

Sit comfortably with your feet on the ground. Notice your posture and lengthen your spine. Notice any tension areas and find a pain free position. Feel equal weight on both sides of the pelvis. Equal weight in the feet and hands.

This technique focuses on making your inhales and exhales the same length. Sit or lie down comfortably. Inhale for 5 counts, exhale for 5 counts. Continue focusing on the same length of the breath.

5. THREE WINS BREATH

This technique focuses on making your inhales and exhales your personal cheering squad!! Sit or lie down comfortably. On the Inhale focus on a SMALL win, as you exhale focus on a BIG win. Continue focusing on all of your WINS over the years - *big and small, cheer for them ALL!*



Breathing Exercises

6. GRATITUDE BREATH

Inhale and as you exhale express your gratitude. Say out loud statements of gratitude as you exhale or stay quiet and focus on the thought. Reminder to write out your daily gratitude list. Always focus on what you are grateful and thankful for. [Get our FREE training on Gratitude, Goals, Pilates & Posture here.](#)

7. BREATH INTENTIONS

Inhale and as you exhale focus on an intention. Inhale and as you exhale focus on a thought that represents your ideal self. Inhale and exhale deeply to focus on a thought that represents your ideal self. Visualize or say out loud your intentions for your life, your health, your abundance and success.



Breathing Exercises



3D BREATH

A three-dimensional breath pattern is encouraged, expanding the rib cage in all directions without neglecting anterior, lateral or posterior portions.

Emphasize breathing three-dimensionally into the backs and sides of the rib cage and opening to the sides like an accordion on the inhale.

Allow the two sides of the rib cage to close toward each other during exhalation, softening the back of the rib cage toward the Mat.

Avoid overly depressing the rib cage.



I AM BREATHS

Use the I AM statements to focus on how you want to feel, what you want to create and your purpose here in the world. I AM statements can quickly bring you into the positive and allow you to focus on your strengths and gifts.



Breathing Exercises

10. BREATH FOR PEACE, HEALING, PROTECTION & COMMUNITY

This exercise will give you the tools for breath work and meditation.

Sit comfortably with your feet on the ground.

Inhale peace, love & healing into your body and exhale those feelings to protect yourself and the community around you.

With each breath cycle exhale the peace, love and healing and visualize it being sent out all around you:

~below you

~above you

~around you

~to yourself

~to your neighbors

~to your community

~to the globe

11. BONUS ~ HEART BREATH

Use this breath for an instant connection to LOVE, support, inner guidance, peace and self healing. Do this seated, standing or lie down to fully relax the body - place your hands over your heart. Connect with your heart and feelings of love & healing. Send LOVE to yourself and those around you. Radiate the **LOVE, LIGHT & PEACE that you ARE!**



Breathing Exercises

Write a list of other breathing techniques you currently do or styles you want to research.



Breathing Exercises

Use this to write out your Breath THOUGHTS, and make a list of your Breathing Exercises prompts.

WORD BREATH	THREE WINS BREATH SMALL WINS
GRATITUDE LIST	THREE WINS BREATH BIG WINS
I AM STATEMENTS	INTENTIONS LIST

Breathing Exercises

Daily Health Tracker

Focus on your health & wellness.
Consistency will create habits and
discipline equals freedom.

	Movement - EXERCISE
	Gratitude LIST
	Meditation
	Success Power hour - get things crossed off your list with NO distractions
	Check in with others - serve & support
	Visualizations & Setting Intentions

Wellness At Home Checklist

- 1) Do daily Breathing Exercises
- 2) Get showered, dressed and go outside
- 3) Pilates & Fitness (GET the course here)
- 4) Drink more WATER
- 5) Set 'office' hours & family time
- 6) Eat the RAINBOW - add more fruit & VEG
- 7) Meditation (GET the course here)
- 8) Enjoy the freedom, flexibility & creativity
- 9) Clean & Organize
- 10) Reach out to others, serve & connect

Stay in touch!

Join our online FB
community & enroll in courses.

JOIN OUR FACEBOOK GROUP

PILATES

*Recipes
Support
Mindset*

In Balance Pilates
COMMUNITY

[Get Access](#)

WHAT'S NEXT?

Enroll in our online signature program [Healthy Brain & Optimal Posture](#). Learn tools for how to be productive and positive through movement, meditation and mindset.

Book an online Pilates private session or group class.
Join our free Facebook group.

Get our best selling book Women Who Inspire.

Get an interview to be featured as one of our co-authors in an upcoming collaboration series about your post-concussion journey. [Click here to get on that list.](#)

[Subscribe to our YouTube Channel](#) - Concussions

Anonymous and get in touch if you would like to be interviewed for the show for your personal story or as a Professional to highlight your business services for those with persistent post-concussion symptoms.

Watch our free training on Gratitude, Goals, Pilates & Posture.



Breathing Exercises

HEALTHY BRAIN & OPTIMAL POSTURE

In 4 weeks you will be able to get clear on a daily plan for a Healthy Brain & Optimal Posture. Bonus recipes, meal plans, grocery lists, daily planner sheets, extra web classes and more!

Week 1 – Daily Success Exercises

Week 2 – Breathing Exercises & Mindfulness Meditations

Week 3 – Pilates, Fitness & Optimal Posture

Week 4 – Daily Routines for Setting Intentions & Visualizations
Join today!

Get started today and go through the course at your own pace.

Our signature program Healthy Brain & Optimal Posture will give you daily tools and tips to feel productive and positive through movement, meditation and mindset.

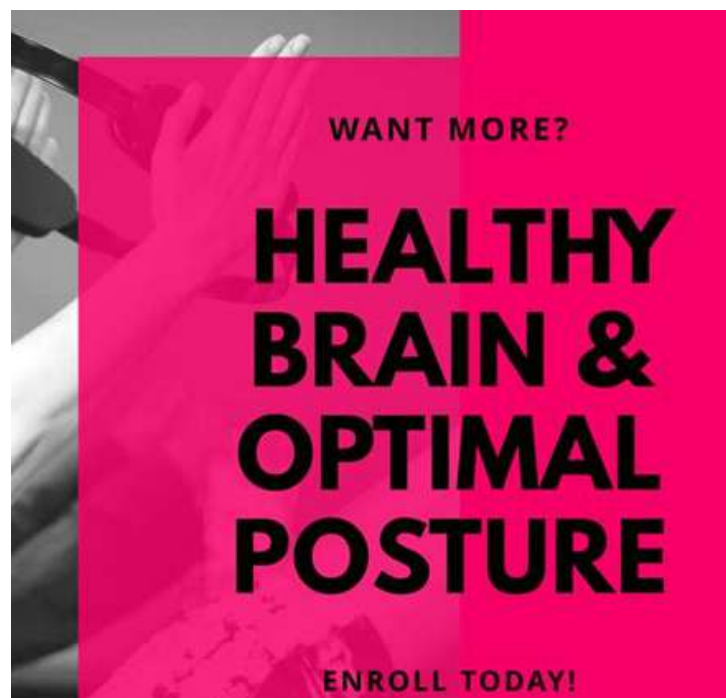
You get lifetime access in a password protected site.

Enroll in the online course today!

Free Training



**Signature Program
Click here to enroll!**



Thank you

&

stay

healthy!

Lisa Khera

In Balance Pilates