# BALLOON BREATHING SEATED

(Postural Restoration Institute®)

**Starting Position:** Sit in chair with feet on the floor, elbows on knees, and back rounded.

**Alternate Position:** Seated in recliner, reclined with knees bent in hooklying position and butt fully back in chair.

**Instructions:**

Exhale into the balloon ….COMPLETELY.

Allow lower front ribs to retract back.

Maintain this position.

PAUSE, holding your breath out for 3 seconds or longer until you start feeling hungry for air.

Without letting any air from the balloon into your lungs, and without pinching or closing off the balloon opening, INHALE through your nose keeping the balloon in your mouth.

*Advanced: try keeping your tongue on the roof of your mouth during inhalation.

**If this step is challenging you can pinch the balloon initially, then gradually try to pinch the balloon less and less until you can keep the air in the balloon.

REPEAT until the balloon is full.

**Reason:**

This is to fully relax the diaphragm and help activate the deep abdominal muscles and pelvic floor

This is like a diaphragm “reset” - it gives your diaphragm a “rest” break and allows your brain enough time to feel what it is like to relax (the diaphragm). It slows the breathing rate.

The only way to keep the air in the balloon while keeping the airway open is to actively keep your deep abdominals on and your pelvic floor working in sync with your diaphragm while it contracts. It keeps your lower front ribs down while pushing air into your ribcage in 3 dimensions - especially the back.