



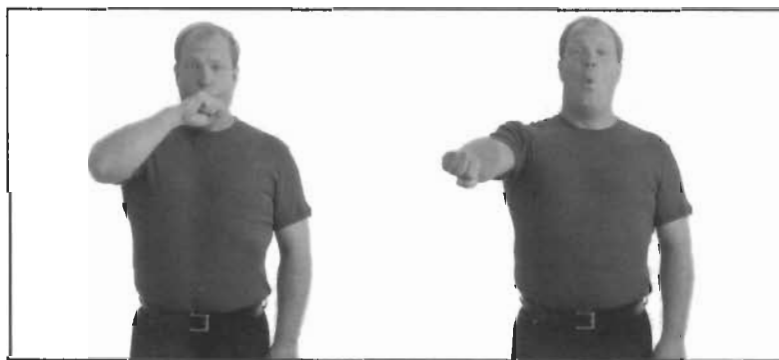
4) Inhale Therapy

Exercise —

Create extreme resistance/suction at the mouth by placing the back of the hand in the way of proper inhalation. Then quickly remove the hand which creates a “pop” and allows for a quick, deep inhale. Then exhale smoothly. Repeat 4 - 6 times.

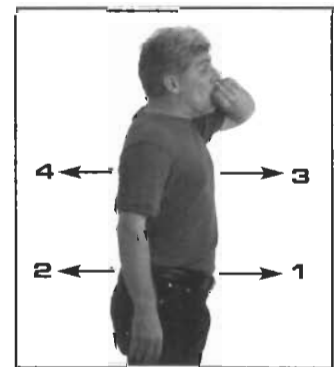
Purpose —

This exercise stimulates abdominal activity. This is resistance training that forces abdominal muscles to work harder, resulting in the awareness and better use of these muscles during **normal breathing**. (If a student is having trouble with the previous *flow studies*, this therapy should be used.)



Suction (fighting for air)

Pop open and fully inhale



**Expand in 4 Areas
(During Suction)**



4a) Expand in 2 areas (Variation)

Repeat the above exercise. During the suction try to expand the lower front of your abdomen for 2 counts and then try to expand the lower back for 2 counts. Then quickly remove the hand which creates a “pop” and allows for a quick, deep inhale. Then exhale smoothly. Repeat 4 - 6 times.



4b) Expand in 4 areas (Variation)

Repeat the above exercise. During the suction try to expand the lower front of your abdomen for 2 counts and then try to expand the lower back for 2 counts. Then, while continuing to create suction, try to expand the upper front of your abdomen for 2 counts and then try to expand the upper back for 2 counts. Quickly remove the hand which creates a “pop” and allows for a quick, deep inhale. Then exhale smoothly. Repeat 4 - 6 times.



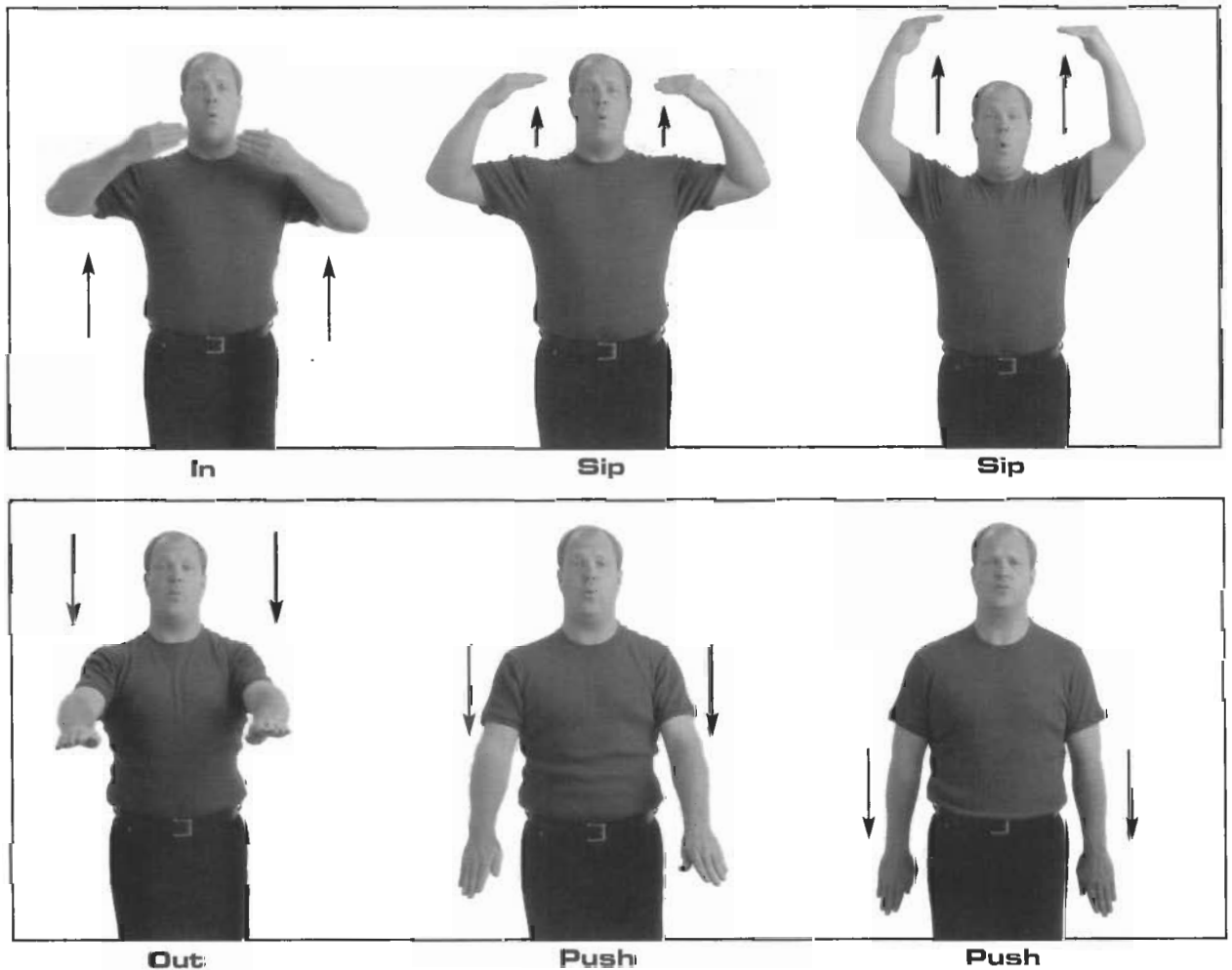
14) In, Sip, Sip — Out, Push, Push

Exercise —

Breathe in to full capacity in 1 count and then top off your capacity with 2 sips. Breathe out to comfortably empty in 1 count and then push out all remaining air for 2 counts. Repeat pattern for 20 seconds. The tempo is similar to slow 6/8 time. (eighth note = 110)

Purpose —

This exercise is a strength (and thus flexibility) building exercise. Muscle groups are worked in both directions. (Stretched on inhalation and compressed on exhalation.) This flexibility will allow the muscles that enclose the lungs to act in a natural “bellows” effect when the mental focus is at the lips.



Hints:

- The shape of the mouth should be “Oh” or “Whoa” on inhalation
- Air should be moving at all times (in or out - never holding)
- This exercise is a workout!