

Your TalkRx Awareness Prescription for Soft-Belly Breathing

1. Let gravity pull your shoulders down.
2. Place the palm of your hand on your relaxed belly.
3. Slowly and deeply inhale, allow your abdomen to expand, and notice the hand on your abdomen moving outward.
4. As you exhale, move your belly button back toward your spine and notice your hand moving inward.
5. Repeat three times, and pay attention to any shifts in your body and your level of relaxation.