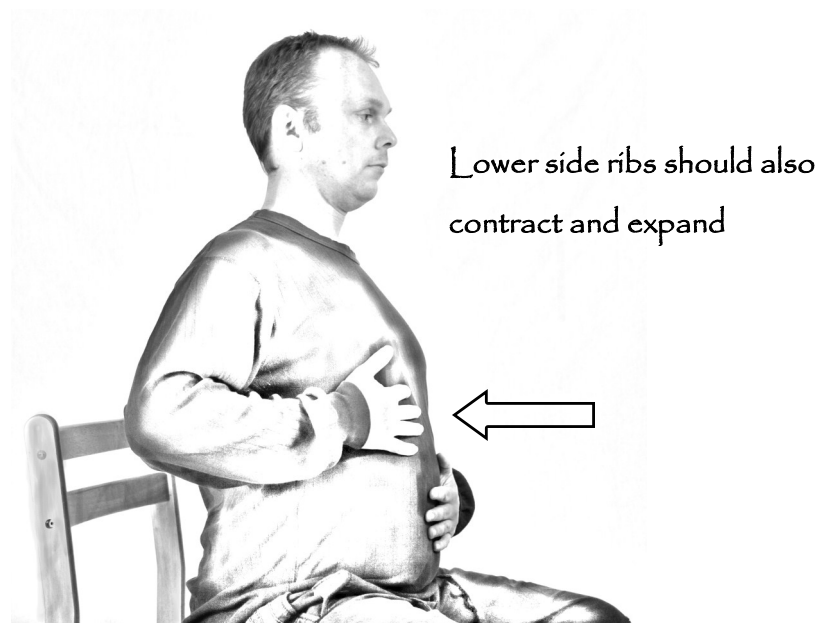
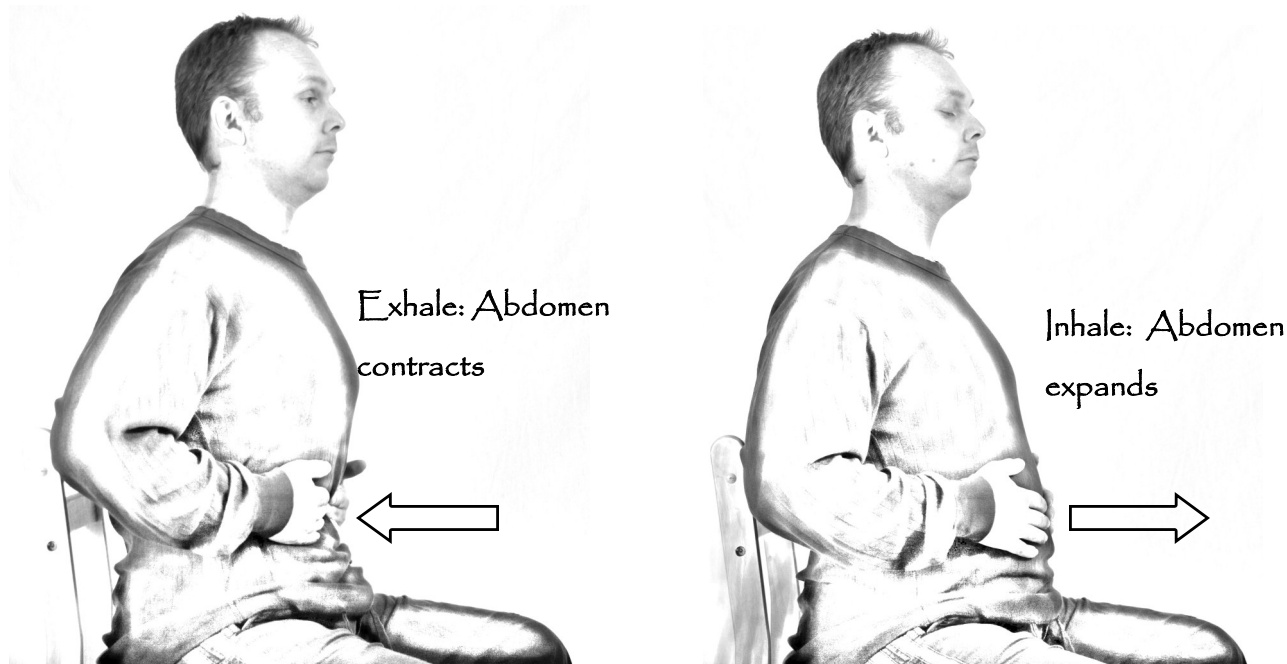


# Diaphragmatic Breathing



## Poor Breathing habits

- 1- **Chest breather:** only the top hand moves, this indicates shallow breathing.
- 2- **Mouth breathing:** breathing through the mouth instead of through the nose
- 3- **Reverse breathing:** Abdomen should expand when you inhale, not on the exhale
- 4- **Shallow breather:** if your lower side ribs don't move.