

Session one

Diaphragmatic Breathing

Introductions

Make Your Name Tag

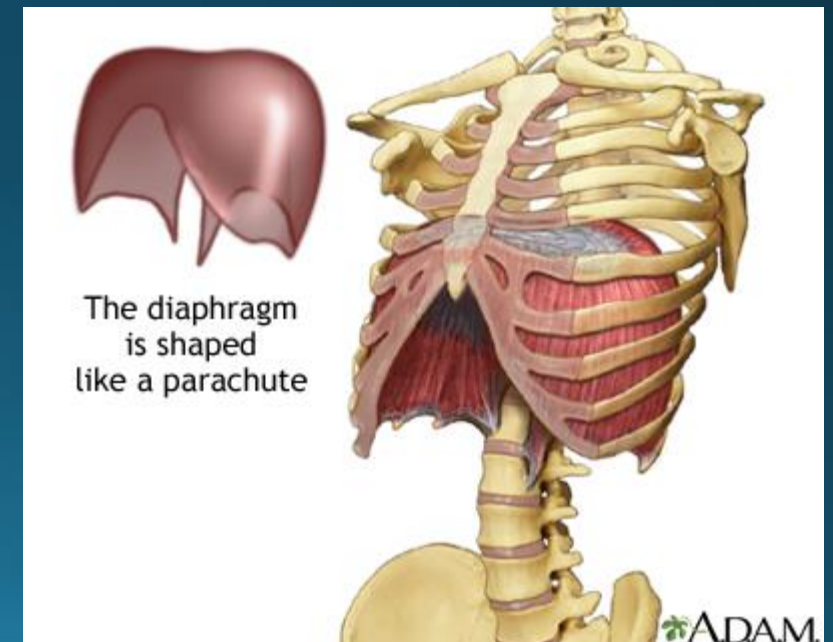
Ice Breaker: Would You Rather

Agenda

- Syllabus
- What is Diaphragmatic Breathing?
- What are the benefits?
- How do I practice it?
- Conclusion

What is Diaphragmatic Breathing?

- Also Known as Belly Breathing
- A Technique to Breathe More Efficiently
- A Dome Shaped Muscle



What are the Benefits?

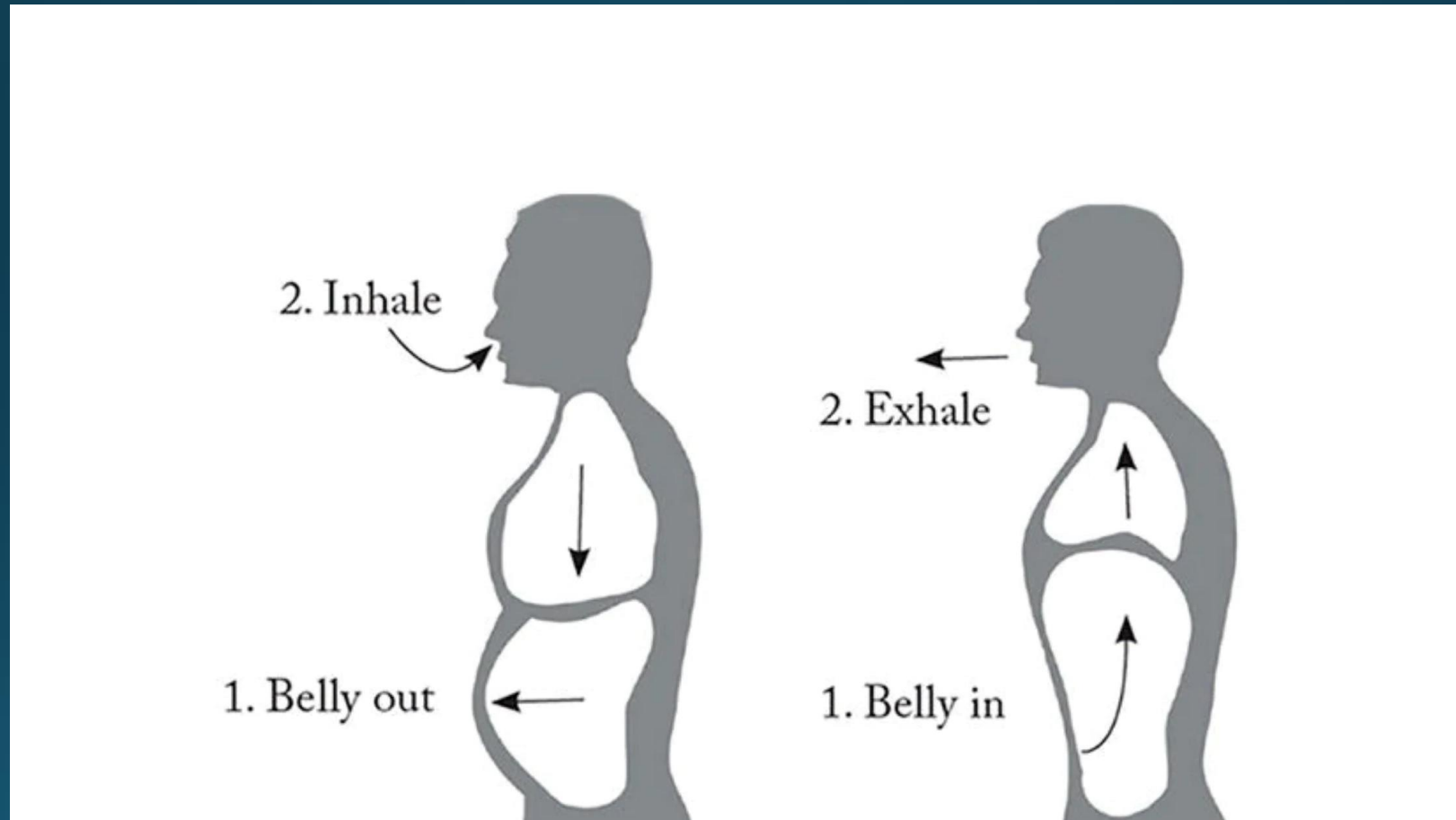
- Relaxation
- Increasing Blood Oxygen Levels
- Reducing Blood Pressure and Heart Rate
- And Many More

(ClevelandClinic.org, 2022)

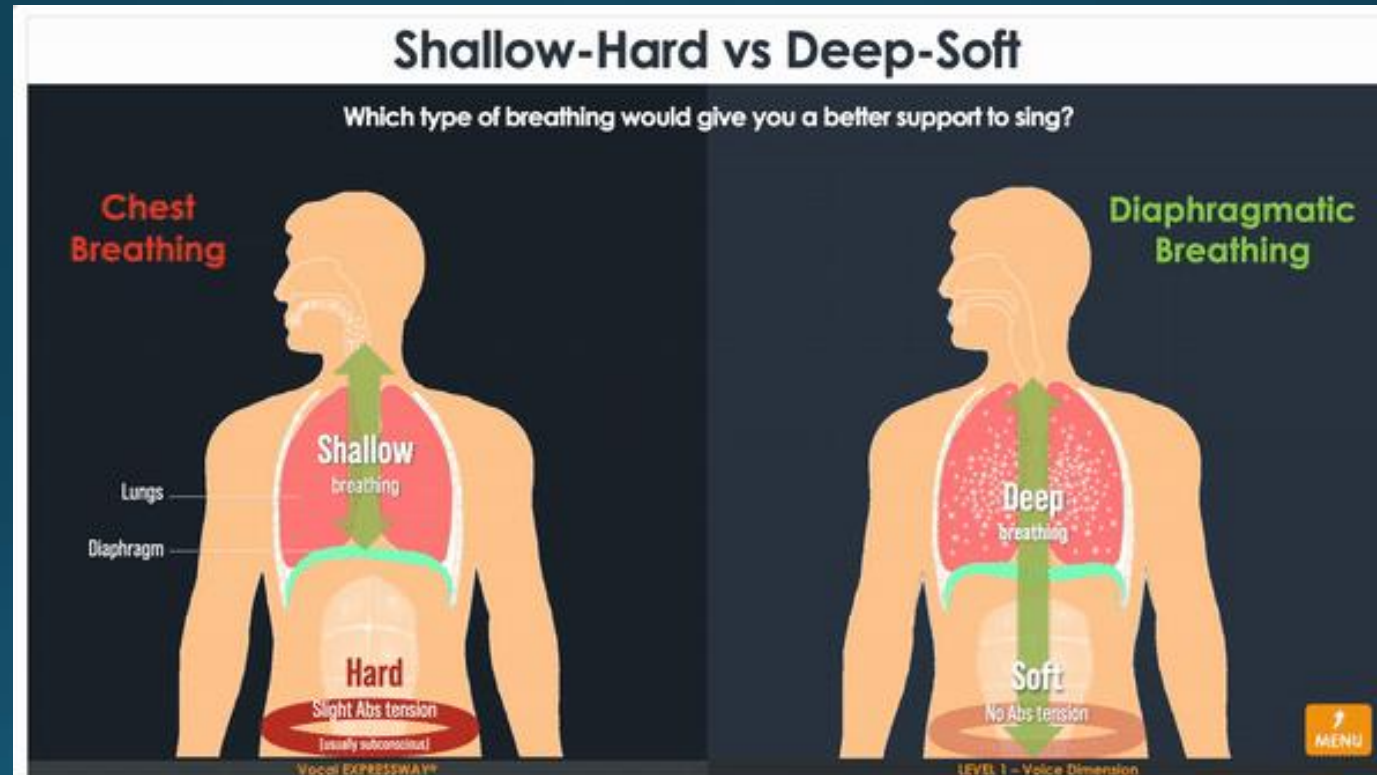
How do I do it?

- Start on your back if you can
- Then try sitting
- Then standing,
- Then walking.

Practice Time!



Conclusion



Hark Music, n.d.

References

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- Optimal Breathing . (2022). *Diaphragmatic Breathing: Two Sides Requiring Balance, Depth and Ease, Front Sides and Back*. Optimal Breathing . Retrieved April 16, 2022, from <https://optimalbreathing.com/blogs/breathing-methods-and-breathing-work/diaphragmatic-breathing>.

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- *Shallow-Hard Vs Deep-Soft*. (n.d.). Hark Music. Retrieved April 16, 2022, from <https://www.harkmusic.com/singing/what-is-sing-with-your-diaphragm/>.

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