

Lower Abdominal Breathing

This exercise is best done at night after relations. Laying down, place your palms on your hip bones where your fingertips may or may not meet.

Start by breathing in through the nostrils to the count of 10, allowing the lower abdomen wall to expand. Hold for the count of 10. Breathe out throughout the mouth for a count of 10. Repeat this exercise 5 times, gradually working up to the count of 30. This simple yet powerful exercise is designed to bring you a sense of calm and relaxation. Remember, every step counts towards your progress!

This exercise aims to expand the lung walls to exchange oxygen in the lungs with carbon dioxide. The lungs have over 300 million tiny alveoli sacs. The alveoli are any of the small thin-walled air-containing lung compartments that are typically arranged in saclike clusters into which an alveolar duct terminates and from which respiratory gases are exchanged with the pulmonary capillaries. Blood flowing close to the inner surface exchanges fresh air with carbon dioxide and other waste gases, which are exhaled.

Deep breathing makes this all happen better!

[The Easy Way To Ease Stress](#)

[10 10 10 breathing](#)

