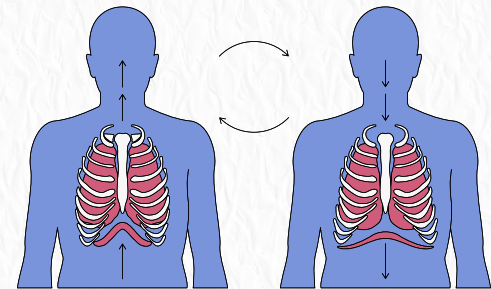




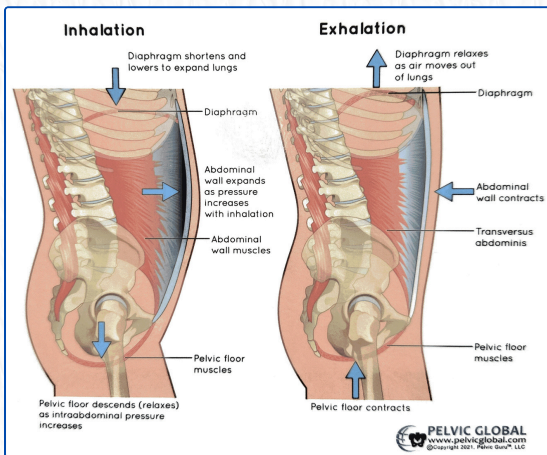
MEDUSA PELVIC HEALTH & WELLBEING

360 BREATHING

360 breathing is a technique that involves breathing deeply into your diaphragm, expanding your rib cage in all directions.



BENEFITS OF 360 BREATHING



- **Improve pelvic floor function and greater mind-body connection:** engage the diaphragm, which works in coordination with the pelvic floor muscles. This coordinated movement can help strengthen the pelvic floor, and promote better bladder and bowel control.
- **Improve oxygenation to muscles:** encourage blood flow to the pelvic area, which can promote healthy tissues.
- **Strengthen core and improve posture:** help support proper alignment and mobility of these organs, reducing the risk of organ prolapse or other issues.
- **Reduce pain:** promote relaxation of the pelvic floor muscles, which can help alleviate pelvic pain or discomfort.
- **Reduce stress:** calm your nervous system and reduce anxiety levels.



ENGAGE DIAPHRAGM

Engage your diaphragm by inhaling deeply through your nose, allowing your belly to gently expand. Do not push your belly out, or bear down. This movement should be subtle and gentle.



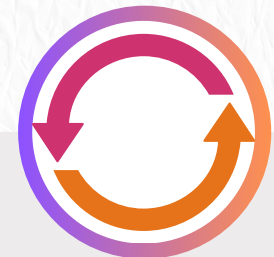
RIB EXPANSION

Continue to inhale, bringing your hands to your rib cage, fingers at front, thumbs toward your back. Focus on expanding forward toward your fingers, and back toward your thumbs.



FULL EXHALATION

Exhale slowly and completely through your mouth, making a "shhhh" sound. You can try breathing out through pursed lips, like blowing a dandelion. Try to empty your lungs entirely, before your next inhale.



REPEAT CYCLE

Practice this cycle regularly to develop a natural rhythm of 360 breathing, and to reset your breathing patterns for more optimal full body support and resource.

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