

Seated Alternating Respiratory Reach with Toning

Adapted from the Postural Restoration Institute

Option #1



Option #2



1. Depending on your physical ability, sit on either a low step stool/stack of books in a squat position or a regular chair facing sideways. The lower the chair the better. If in a regular chair you can try placing a footrest/books under your feet.
2. Round out your low back and roll your pelvis back so you can feel your sit bones.
3. Reach forward with your right arm (thumb up) and backwards with your left arm (thumb down) while keeping your back rounded and weight through your sit bones.
4. Inhale through your nose as you reach backwards with your left arm. You should feel your front left chest opening. Do NOT inhale too aggressively so that your neck muscles engage. Inhale enough so that your neck muscles stay relaxed.
5. As you exhale create a **low** toned vowel sound such as "uh", "oh," or "ah." Try to maintain the tone as long as you can to get ALL of the air out of your lungs. You will feel your abdominals engage during this and maybe some vibration in your body.
6. You may notice that your next inhalation feels deeper and more opening in your chest.
7. Repeat this for 4 toning/breath cycles on one side and then switch to the other side (L arm forward/R arm backwards) for 4 cycles.
8. Perform 3-4 cycles each side, ideally 2x day to optimize your lung lymphatic flow.