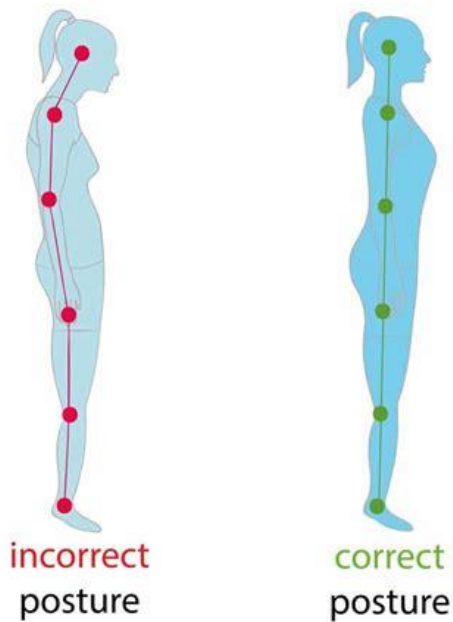




Free up your lungs for diaphragmatic breathing



Hold the umbrella in place without exerting pressure or making an effort (relaxed shoulders)

Use your diaphragm to make your lungs expand and suck in air; then use your diaphragm to make the air go out again (relaxation = dome shape = air pushed out, pulmonary egressive airstream)

