

Benefits of Pilates Breathing (lateral thoracic breathing)

How we breathe

In Pilates we breathe 'wide & full' into the lower ribcage, lateral thoracic breathing.

Breathe in through the nose and out through the mouth as if blowing out through a straw.

- Standing in correct posture.
- Place hands on lower ribcage with fingertips gently touching.
- Breathe in wide and full through nose (keeping shoulders down and knees soft) fingertips separate slightly, breathe out through mouth (straw), fingertips slightly touching again.

Benefits of this

- Increased rib mobility
- Massages internal organs
- Increase tone & flexibility of upper breathing muscles – Intercostales, Subcostales, Diaphragm & Serratus
- Reverses stress on the nervous system – producing a calming effect
- Enhanced muscles usage of Pectorals Minor and AT
- Encourages full breathing – relaxing and using more lung capacity
- Enhanced lymphatic drainage and venous return
- Can regulate appetite due to regulating & reducing stomach acidity

Breathe in to prepare; breathe out, draw navel to spine and breathe in to recover.