

A few practical tips

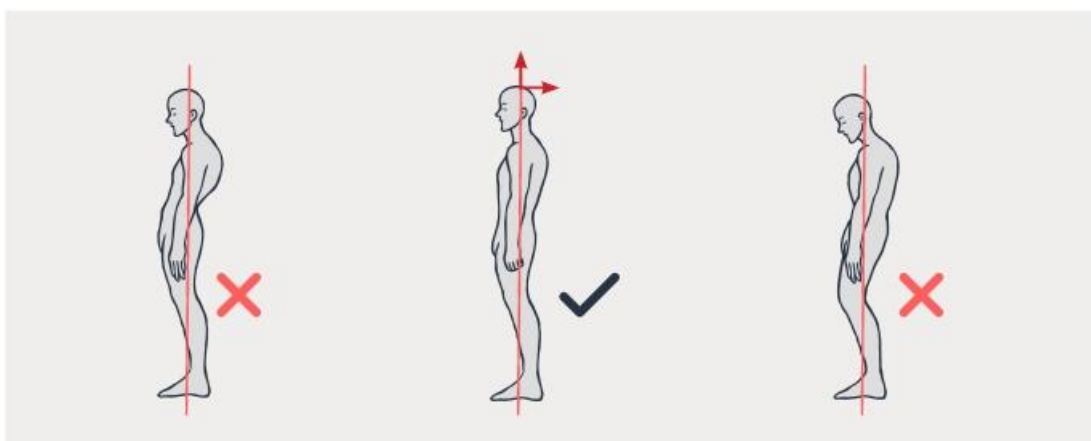
for exercising in the best possible conditions

1. Learn to breathe

- All the exercises are performed on a pattern of deep breathing, with global ventilation (thoracic-abdominal-diaphragmatic).
- On a slow, steady rhythm, without any interruption or holding your breath.
- BREATHING IN is done through the nose by activating the diaphragm, which can be observed by a gentle swelling of the abdominal region spread over the entire rib cage.
- BREATHING OUT is done through the mouth with pursed lips, while making the effort to pull in your stomach, so as to help the chest cavity empty the lungs.

2. Choose the correct posture

- In order to choose the best possible posture when performing the exercises, the basic exercise to master is «spinal lengthening», (see illustration).
- This involves straightening up using the gluteal, abdominal, paravertebral and anterior neck muscles.
 - Your PELVIS should neither be tilted too far backwards nor too far forwards (as if you wanted to push out your belly).
 - Your LUMBAR VERTEBRAE must be maintained in a slightly hollowed curve.
- Pull your SHOULDERS down and back while pushing the STERNUM forward.
- Bring the chin back into your neck while pushing the top of the skull upwards (double chin).
- Feel your PARAVERTEBRAL muscles working, warming up.
- Imagine this perfect gravity axis between your skull and your feet, feel a sense of grounding:



- Find a comfortable setting with plenty of space around you.
- Stretching exercises must be progressive; this is not about trying to achieve maximal stretch from the outset, but of achieving this gradually, as you breathe out.
- Hydrate a little at a time, but very regularly.