



BUTEYKO FITNESS

Module 3: Posture & Belly Breathing

Correct posture and breathing technique

Correct Posture

Correct posture is the foundation for effective breathing exercises.

■ How to Sit Correctly

- **Lower back:** A pillow between backrest and sacrum can help
- **Legs:** Feet on the ground, upright posture
- **Head:** Imagine an invisible force gently pulling your head upward
- **Eyes:** Close or direct slightly upward

■ The Sternum-Navel Technique

1. Index finger on **sternum tip**, other index finger on **navel**
2. Round your back → distance **shortens**
3. **Increase** the distance as much as possible
4. Maintain this position of **maximum distance**

Strategies for Belly Breathing

Many people unconsciously use their **upper chest muscles** to breathe. This is inefficient.

The goal: Focus breathing on the **lower chest area and belly**.

■ Learning Belly Breathing

1. **Upright posture**, sit comfortably on a chair
2. Feet **parallel on the floor**
3. **Relax** shoulders and chest
4. **Mouth closed**, breathe quietly through nose
5. One hand on **chest**, other on **belly**
6. Move chest **as little as possible**

■ Memory Aid

Breathe **out** – belly **in**

Breathe **in** – belly **out**

■ About Air Hunger

Slight air hunger is good – too much is unfavorable. Keep it always comfortable!



Buteyko Fitness – Viktor Anton
buteyko.fitness

Questions? Contact me:

■ +43 660 718 25 50 | ✉ ■ vikant@protonmail.com

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