



Relaxation exercises for breathing in the Prettau climate gallery

Relaxation exercises slow the breathing and heart rate. There are several reasons why it is worthwhile to learn such exercises and thus treat your body to rest and regeneration.

Evidently it is the hectic conditions in which we live our lives that cause many people, unconsciously, to breathe in too fast and too shallow a manner.

The right way to breathe in and out

The main breathing muscle, the diaphragm, separates the chest cavity from the abdomen. When you are breathing properly, you notice from the up and downwards movement of the muscle that your stomach expands and contracts accordingly. When inhaling, the diaphragm should contract and move downwards, with the abdominal wall pushing outwards. When exhaling, the diaphragm again relaxes and the abdominal wall draws inwards, thus expelling used air from the lungs. This is called abdominal breathing.

**Standort Prettau mit Klimastollen
Sede di Predoi con Centro climatico**

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Landesmuseen Südtirol
Musei provinciali Alto Adige
Museums provinziail

Nine exercises for adolescents and adults:

(inhale through the nose, exhale through with the mouth)

1. Five seconds for the inhaling and five seconds for exhaling. Try to increase the number of seconds from session to session; this should not however require any effort.
2. Exhale twice as long as you inhale. This is very relaxing.
3. Tense as many muscles as possible as you slowly inhale. Hold your breath briefly. Then exhale slowly and relax all the muscles.
4. Close your eyes, inhale and mentally count to two. Then hold your breath and again count to two. Do not breathe out! Breath in again, once more counting to two. Hold your breath and count to two. Breath in again and count to two – do this until your lungs are full and you can no longer breathe. Then in one single breath – but slowly – breath out through your mouth.
5. Inhale over 5, 10, 15 or more seconds and exhale with pursed lips.
6. Inhale over 5, 10, 15 or more seconds, alternating one nostril at a time, and breathe out with or without pursed lips.
7. Inhale in 5, 10, 15 or more seconds and while exhaling say the individual vowels out loud. Exhalation should be as slow as possible. Vibrations have an expectorant effect on the respiratory tract.
8. Sniff continuously while breathing in through the nose until the lungs are filled with air, then slowly exhale through the mouth.
9. Inhale over 5, 10 or 15 seconds, then hold your breath for the same period and exhale over the same period.



Three exercises for small children

1. Take a cup and fill it with water. Breathe in slowly and then, using a drinking straw, blow the air out in a single breath to form bubbles.
2. Take a cotton-wool ball and place it on a smooth surface. Breathe in slowly and then try to blow the cotton ball as far away as possible in a single breath.
3. Take a toy windmill. Breathe in slowly and then, in a single breath, try to make the wheel rotate for as long as possible.

We wish you lots of fun and success in learning how to breathe correctly!

The Prettau Mining Museum Team

