

# Candles breath

[See video](#)

Candles breath can be done on all 4's, sitting, supine or standing

*Do's & don'ts*

1. Don't push down with the abdominals
2. Do imagine as you exhale, from the opening of the vagina to the diaphragm is being lifted up. The pelvic floor as a flower closing it's petals on the exhale.
3. Do imagine your ASIS bones (sticky out bones front of the hips) are being drawn together as you exhale.
4. Do place your hand on your belly for feedback. On inhale the belly pushes towards your hand and the exhale the belly moves away from the hand.
5. Imagine you have a birthday cake with a 100 candles in front of you and you have to blow them all out in one long controlled breath.
6. Try blowing up a balloon, feel the belly as you blow
7. Lying down, place your hand or a yoga block on the belly for feedback.

## Methods

Inhale through the nose, the ribcage should expand 360 degrees. The diaphragm will contract down, the belly will automatically start to expand.

Exhale through the mouth, blowing out candles, the diaphragm relaxes back under the ribcage and the belly contracts.

Diaphragm is pictured here in green.

This takes practise, do this every day to teach the pelvic floor to respond automatically on the breaths.

