

DO

**SNIFF** in through the nose

**FLOP**, swell or fill out your soft stomach

**DROP,** release or open at the back passage -backwards

Do all three (Sniff Flop & Drop) at exactly the same time

Try to feel that the sniff-in connects with the pelvic floor to LET GO

The less effort the better the connection will be – don’t force it

Stay on the in-breath for 3 seconds keeping the stomach soft

Exhale with a soft ‘hah’ as if cleaning your glasses

Keep doing this for 5-10 minutes lying on your back with your knees bent or lying on your side



DON’T:

 DON’T brace, hold or force your upper abdomen

 DON’T push down with the ribs

 DON’T try too hard

 DON’T lift your chest

THE STOMACH SHOULD NEVER BE TENSE AS YOU BREATHE IN !