Anatomy of Diaphragmatic Breathing

Five Qualities of Breathing:
- Deep
- Even
- Smooth
- Without Pause
- Without Noise

Movements Related to Diaphragmatic Breathing:
In Crocodile
- Feel the abdomen moving
  - pressing into the floor on the inhale
  - relaxing on the exhale
- Feel the low to mid back moving
  - expanding and rising on the inhale
  - sinking and relaxing on the exhale
- Feel the mid to lower ribs at the sides moving
  - expanding and gently lifting on the inhale
  - relaxing on the exhale

In Corpse
- Feel the abdomen moving
  - expanding and filling on the inhale
  - relaxing on the exhale
- Feel the ribs at the sides and in back moving:
  - subtly expanding on the inhale
  - relaxing on the exhale

In Seated Pose
- Feel the abdomen moving
  - expanding on the inhale
  - relaxing on the exhale
- Feel the ribs at the sides and in back moving
  - expanding and gently lifting on the inhale
  - relaxing on the exhale