

360° Breathing



360-degree breathing is considered the #1 most effective core exercise & the foundation of all movement.

360-degree breathing recruits the deep core musculature that we refer to as the “core canister” aka the transverse abdominis, the diaphragm, & the pelvic floor.

These muscles support regulation of intra-abdominal pressure, stabilize the spine + pelvis, help guide baby through phases of labor, & perform many other critical functions.

A well-functioning deep core leads to:

- Fewer pains or injuries
- Better (easier) movement
 - Easier labor
 - Faster recovery
 - Reduced stress
- Improved immunity
 - Better digestion
- Healthier fetal growth environment



How To Perform 360 Breathing



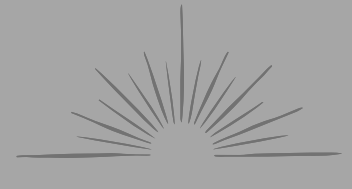
- 1) Sit upright in a chair comfortably in neutral alignment.
- 2) Wrap your hands around your ribcage gently as a tactile cue for a better mind-body connection.
- 3) Inhale & fill your ribs while feeling the ribcage expand in your hands in all directions. Keep shoulders down & neck muscles relaxed.
- 4) Exhale naturally through pursed lips (blow out birthday candles) while focusing on pushing all of the air out of your lungs.

A video demonstration of 360 breathing

<https://www.youtube.com/watch?v=fel-Ytl6Bek>



Syncing 360-Breathing with Daily Routine



This style of breathing is most effective when utilized throughout movement in day-to-day tasks. It's not just for those solitude moments of needing some calm & recentering!! Using this technique will go a long way to recruit deep core musculature for more optimal body mechanics & activation of core.

- Exhale on hardest portion of movement/upon exertion
- Inhale on easiest portion of movement/upon relaxation or lowering

For Example:

- Inhale before lifting baby or car seat, exhale through full movement of lifting baby/seat
- Inhale while lowering into a squat or lunge, exhale while pushing through heels to stand
- Inhale before standing from sitting, exhale while standing
- Inhale during lowering of weights, exhale during lift
- Inhale before getting out of bed, exhale while log rolling onto side & sitting up

Be mindful of your exertions through transitional movements such as getting into and out of the car, getting up from the floor, performing exercises, & lifting, carrying, and maneuvering babies or heavy items throughout the day.

This will heal + recover your core from pregnancy, labor, & diastasis recti.

Read these articles on the importance, impacts, & benefits of breathing:

<https://pronatafitness.com/2022/03/29/why-the-way-you-breathe-impacts-your-health/>

<https://pronatafitness.com/2020/07/08/the-1-most-effective-core-exercise/>

