The Breathe System
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Get Started Right
The Big 3

- Posture
- Neck and Shoulder Muscles
- Breath Support
6 essential components of Posture

1. Unlock your knees
2. Level your pelvis
3. Tuck your tummy
4. Elevate your rib cage
5. Shoulders back and down
6. Head up on top
Neck and Shoulders

- Relax neck and shoulders
Neck and Shoulders

- Relax neck and shoulders
Breath Support

- Breath using your diaphragm
• List 3 reasons why the breathe system might be important for you to practice.