Stair Short Seated Balloon

1. Sit on a 6-inch step with your feet together, knees bent and knees together.
2. Round out your back and roll your pelvis back, feeling your “sit bones.”
3. Inhale through your nose and slowly blow out into the balloon.
4. Pause three seconds with your tongue on the roof of your mouth to prevent airflow out of the balloon.
5. Without pinching the neck of the balloon and keeping your tongue on the roof of your mouth, take another breath in through your nose.
6. Slowly blow out again as you stabilize the balloon with your hand.
7. Do not strain your neck or cheeks as you blow.
8. After the fourth breath in, pinch the balloon neck and remove it from your mouth. Let the air out of the balloon.
9. Relax and repeat the sequence 4 more times.

Reference Center(s): Left abdominals, Left sit bone, Left heel, Right arch

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