

Natural Effortless Breathing Quiz

1. What other terms may be used to refer to natural breathing?

2. What are the characteristics of natural breathing?

3. What are some of the many benefits of natural breathing and simple breathing techniques?

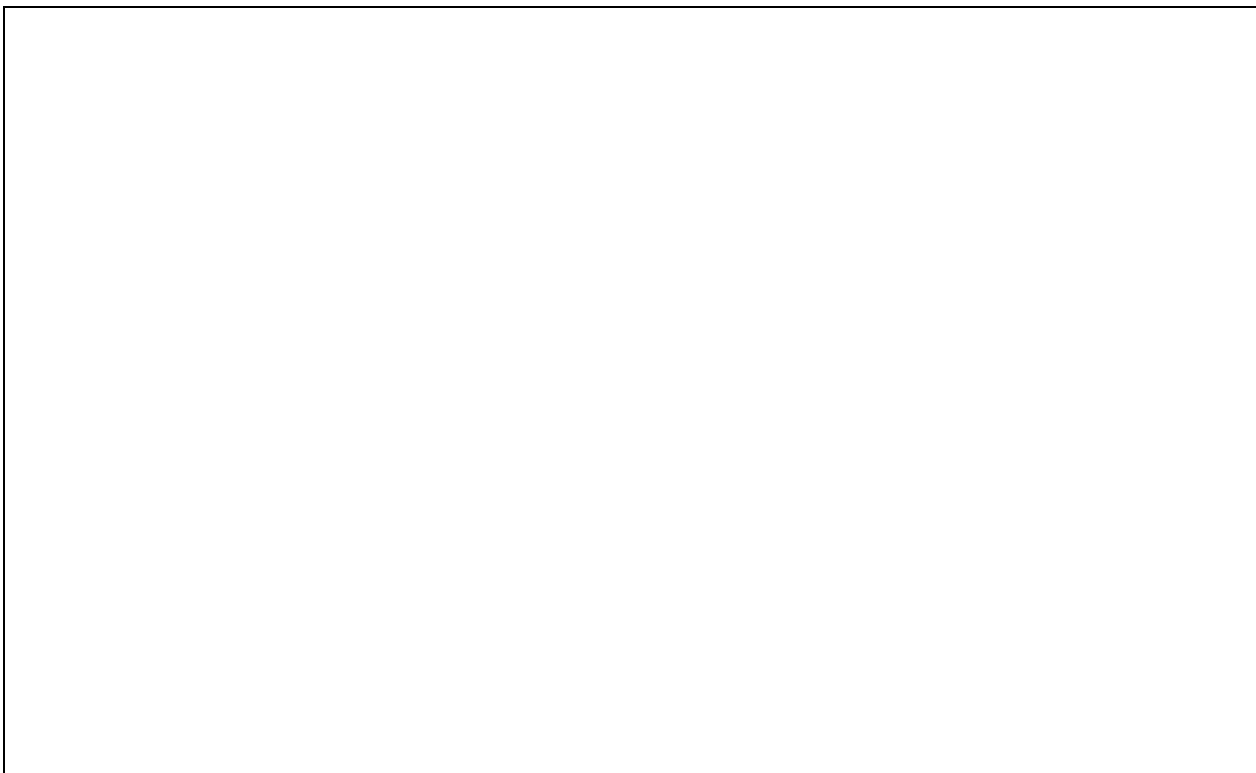
4. Natural breathing is by definition effortless. So why does it need to be taught?

5. What are characteristics or hallmarks of natural breathing?

6. What are some simple ways to encourage natural, effortless breathing?

7. Describe Belly Breathing.

8. What is the Three-Part Breath?



9. Should your visualization instruction to students be to inhale up & exhale down, or to inhale down & exhale up?



10. How can you use Crocodile Pose to teach natural breathing?

