

Standing PRI Balloon Technique



Stand upright and place your right foot and leg slightly ahead of the left. Unlock your left knee as you place slightly more weight through the left foot and leg than your right.

Place a balloon in your left hand and place or extend your right hand and arm behind your right shoulder.

Place the balloon in your mouth with your left hand as you hold gently on the neck of the balloon with your left thumb and index finger.

Place your tongue on the roof of your mouth, behind your top teeth and gently press your tongue up and between the two sides of your mouth.

Breathe in through your nose, slowly for 2 to 3 seconds.



Blow air out slowly into the balloon as you lower your left shoulder slightly to your left hip, using your left abdominals. Do not strain your neck or cheeks as you blow. Focus on sensing the ground that you are standing on with your left foot and leg, as you pause 3 to 5 seconds.

Place your tongue up on the roof of your mouth again and without pinching the neck of your balloon breathe in through your nose, slowly. You will need to maintain the seal your tongue has created between your top teeth to ensure that the airflow is coming through your nose and not through your mouth, or from the balloon. (If you can't breathe through your nose you should resolve the situation by consulting with an Allergist, an ENT, or your physician.) If you have difficulty drawing air in through your nose, let your tongue drop down slightly, releasing the mouth airway seal so that you can inhale comfortably. You will need to pinch off the neck of the balloon with your left thumb and index finger, so that the air inside the balloon does not move into your stomach as you inhale with a blend of air coming from both your mouth and nose.



As you slowly draw in the air, focus on filling your right lateral chest wall as you maintain tightness of your left lateral abdomen and chest wall.

Blow air out slowly into the balloon for the second time as you continue to laterally side bend your body to the left and tighten up your abs.

Your back will become slightly rounded.

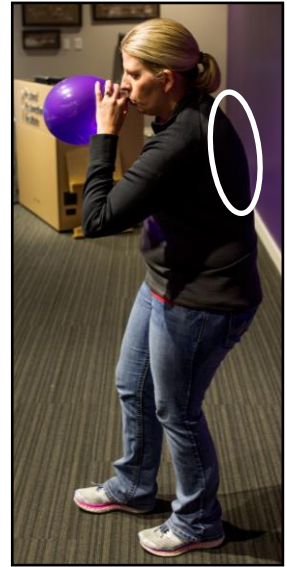
Pause again for 3 to 5 seconds, as you focus on sensing the ground that you are standing on with your left foot and leg.





Breathe in slowly for the third time as you did before, while concentrating on expanding your left posterior mid back region.

Slowly draw the air in, preferably with your nose, and focus on how the back of your left chest is expanding.



Blow air out slowly, for the third time, with emphasis placed on reaching back more, and comfortably with your right hand and arm, as you once again keep more weight through the left foot and leg.

You will sense your left shoulder come forward more so as the left chest wall remains side bent.

Pause 3 to 5 seconds focusing on the right arm position behind you and the weight going through your left foot and leg.



Breathe in slowly for the fourth time, through your nose if possible, as you feel the entire chest expand with a rotational effort to the right provided by your right hand and arm behind you as you continue to sense more of your weight through the left foot and leg.

At the end of this inhalation phase, pinch the balloon neck and remove it from your mouth.

Let the air out of the balloon. Relax and repeat the above sequence 3 to 4 more times.

