



## **Breathing and Anxiety by Scolio-Pilates®**

*A Free Scolio-Pilates® course to help us all breathe a bit easier during Covid-19*

with Karena Thek, founder of Scolio-Pilates

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### Objectives:

- To define breathing pattern disorder
- To recognize the possible signs of over-breathing
- To apply breathing exercises to form better breathing habits

### Introduction:

- Breathing: A day in the life of a movement practitioner
  - Breathing to begin and end a movement session
  - Breathing to assist movement
  - How do we know if we're doing it right?

### Components of Breathing

- Muscles:
- Nerves:
- Fascia:
- Bones:

*Are our clients and patients breathing well? Are gases being exchanged in a physiologically normal way? Is their breath assisting or hindering their session?*

### Five common signs that of poor breathing habits while exercising:

1. ...
2. ...
3. ...
4. ...
5. ...



When to refer to a medical doctor

What is over-breathing or hyper-ventilation syndrome:

- ...
- ...
- ...
- ...
- ...
- Prevalency
  - ...
  - ...
- Other names assigned in the past:
  - ...
  - ...
  - ...

Additional symptoms of over-breathing or hyper-ventilation syndrome:

- ...
- ...
- ...

3 ways to assess breathing:

- ...
- ...
- ...

5 exercises to practice for improved breathing habits

- ...
- ...
- ...
- ...
- ...



## Resources

- Chaitow, Leon, et al. *Recognizing and Treating Breathing Disorders: a Multidisciplinary Approach*. Churchill Livingstone, 2014.
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