

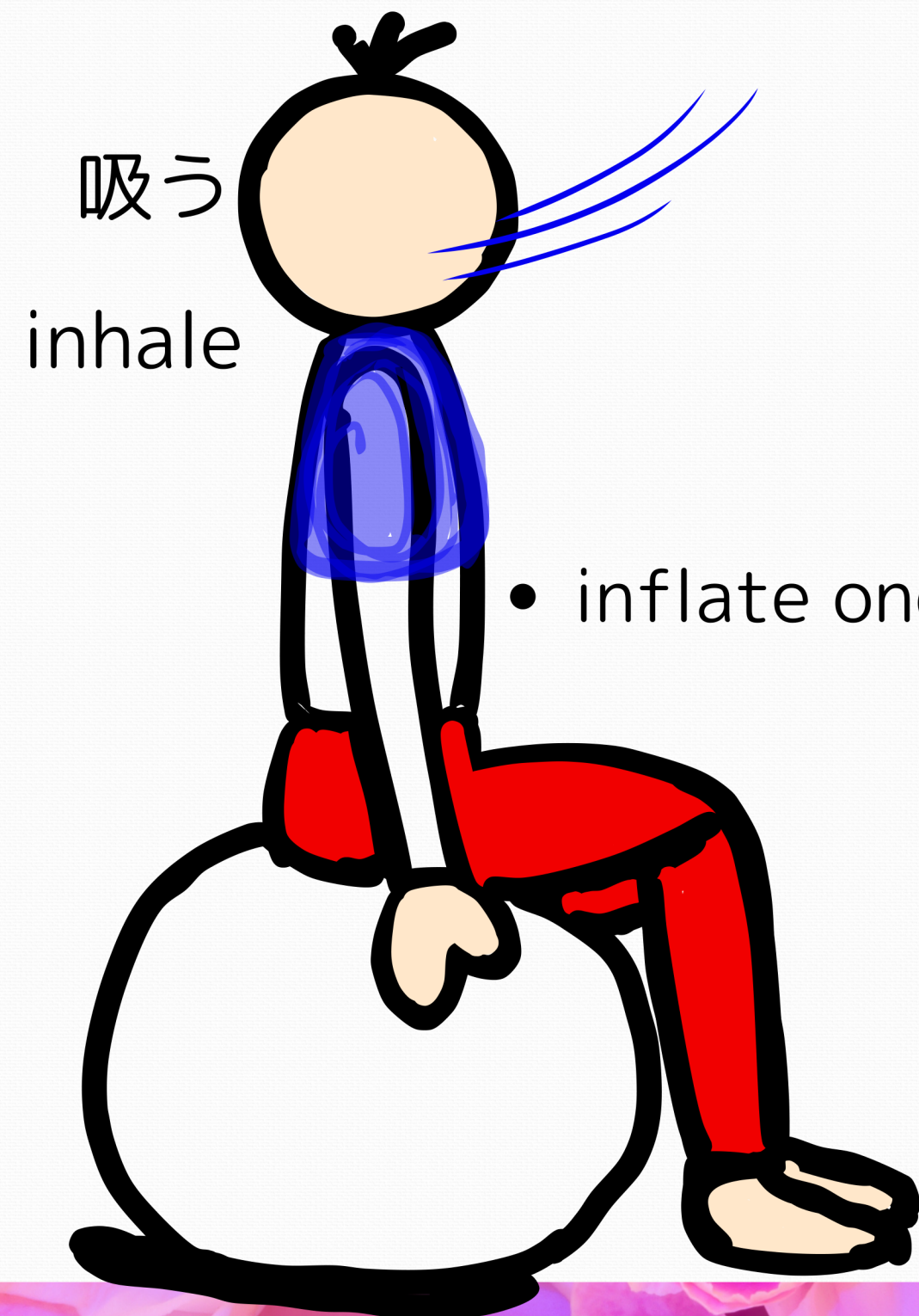
胸式呼吸

- 1.息を5秒ほどかけて鼻から吸う
- 2.10秒かけて胸を萎ませて吐く



horacic breathing

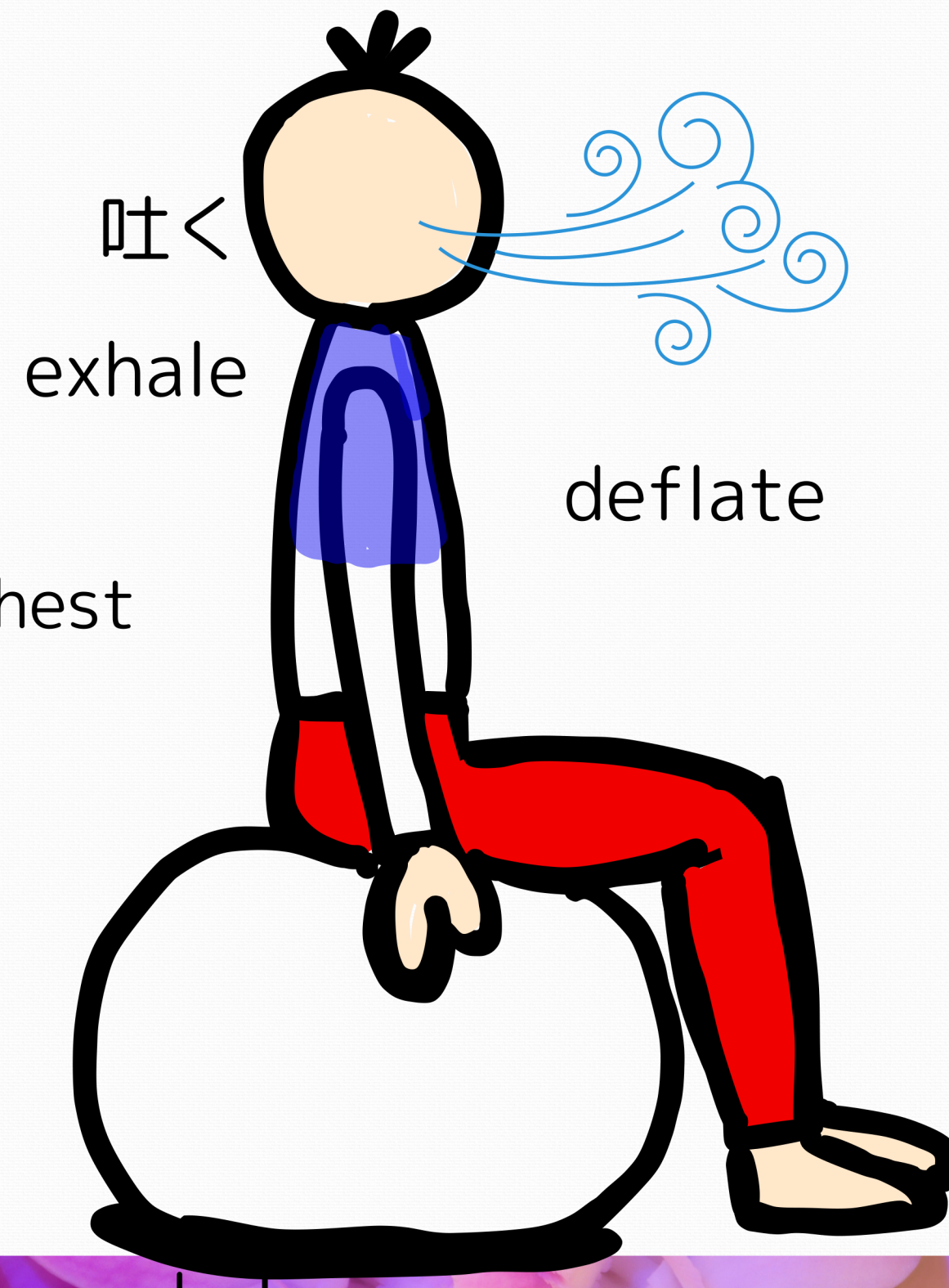
Breathe in through your nose for a count of five
Exhale for a count of ten, letting your chest deflate.



吸う

inhale

- inflate one's chest



吐く

exhale

deflate

exhale