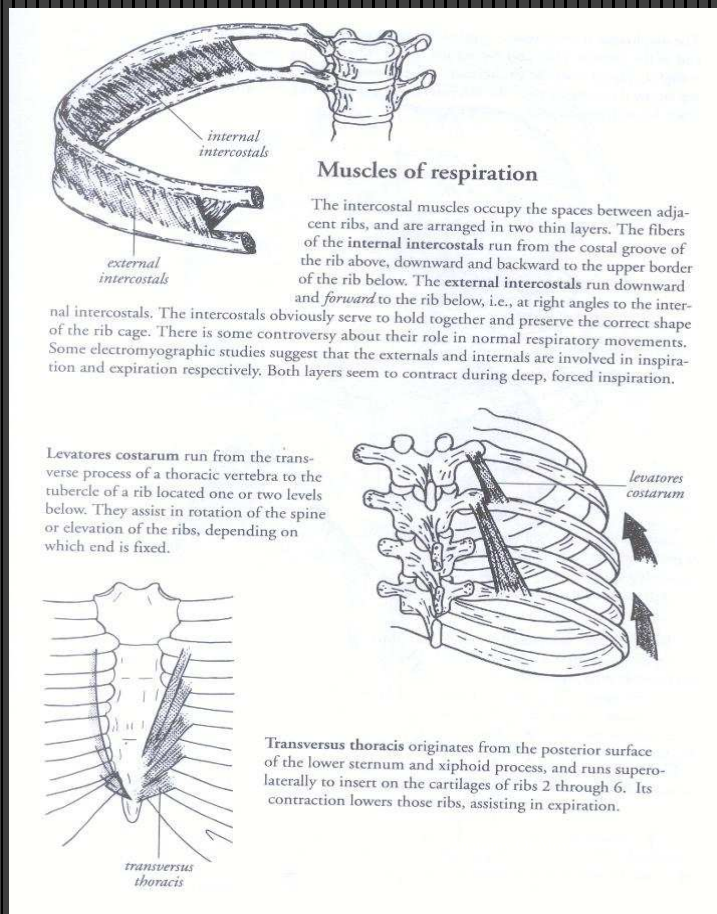


Activating *The Ribcage Muscles*



- Gently and firmly hold the breath
- lift the ribcage into position
- contract the minor supporting rib cage muscles
- let down the diaphragm
- take a short breath into the diaphragm
- firmly hold the breath and posture
- breathe out.