

360° Breathing for Scar Healing & Core Connection

Improve Recovery, Reduce
Tension, & Restore
Movement

What is 360-Degree Breathing?

We are designed to breathe using the entire abdominal cavity—from the diaphragm all the way to the pelvic floor.

This allows for full-body movement, relaxation, and healing. But many of us have learned a shallow, restrictive breathing pattern, especially women.

360° Natural Breathing	Restricted 'Sucking In' Breathing
Uses the diaphragm & pelvic floor	Focuses only on the chest & ribs
Inhale = Cavity expands downward	Inhale = Everything "sucked in"
Exhale = Everything lifts naturally	Exhale = Forced & tense
✨ When we breathe correctly, we naturally engage the core, diaphragm, and pelvic floor , helping with scar healing and pain reduction.	

How to Do 360-Degree Breathing



Sit or lie down comfortably



Place hands on ribs & belly



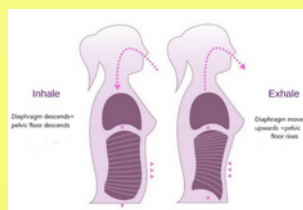
Inhale (4 sec). Belly, ribs, & back expand



Exhale-4 sec. Belly lifts naturally



Rest -2 sec. then repeat



How 360° Breathing Helps Scar Healing

Breathing isn't just about getting air in —it's a powerful tool for healing! 360° breathing supports your recovery by improving circulation, reducing tightness, and helping your scar feel more comfortable.

- Eases scar tightness & discomfort
- Boosts circulation for better healing
- Supports pelvic floor & core function

***Even if your scar is years old,
360° breathing can still improve
movement, sensation, and
flexibility.***

***It's never too late to start
improving how your body feels!***

Your Breath is a Powerful Tool – Keep Practicing!

360° breathing is simple but powerful. The more you practice, the more freedom, comfort, and movement you'll regain.

**Want to learn more? Book a free
scar check & assessment today!**

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