

# Tips for practicing your exercises.

The key thing is to make a little progress often. You can't go on for too long without it starting to be counter-productive. It's far, far better to make no progress than to make progress in the wrong direction.

It's easier to list the things you shouldn't do than the things you should but hopefully from this list you should be able to build up a picture of what it is you should be aiming for...

- Don't practice when you're too full, too tired or when you need to go to the toilet. Quite apart from being distracting these things mean that you won't be able to use your diaphragm in the way you need to.
- Don't practice when you're likely to be interrupted. You need to concentrate on what you're doing and if someone's possibly going to cut into your time you can't bring your full attention to the job in hand.
- Don't practice with music on. It can be tempting to put the stereo on in the background for a bit of company. Resist, because you'll be very likely to start taking the pattern and beat of the music as a baseline for your breathing rate. If that's not the pace at which you would normally breathe it will induce some stress.
- Don't practice where you aren't fully comfortable. That includes anywhere that is overlooked or where you can be over-heard. It also includes places where you're not completely satisfied that the area is clean enough; it should also be warm and dry, obviously. Being too cold is a particular problem as it creates tensions in your muscles as your body tries to keep warm enough.

That should give you a feel for things. Essentially, the aim is to be comfortable and able to concentrate. Don't over-do it, but don't go too long between sessions, either.