

Description of the Horse rider exercise itself:

Why is the Horse rider exercise called "The Right Hand Rule"? Because Dr Buteyko drew round his right hand, then wrote along each of his fingers, as a sort of visual aid. The first finger represents a comfortable position, and the second finger – a correct posture. Drawings are easier to remember. Here we will just use plain English.



Buteyko Breathing Exercise No 1 the Horse rider exercise

- 1) Place a normal comfortable dining chair in the middle of the room, with one corner turned forward.
- 2) Stand with your back to the edge of the chair, so that you are astride the corner.
- 3) Correct your posture, ie straighten your shoulders and let your hands drop down by the side of your legs. Hold your head straight, looking ahead, with your mouth closed, and breathe through your nose, not your mouth.
- 4) Put your left palm on your naval and cover it with your right one. Apply faint pressure to the inner abdomen.
- 5) Maintaining that slight pressure to your abdomen, slowly lower yourself to the corner of the chair. When you have sat down, let go of your abdomen and freely toss your hands onto your knees, palms down.
- 6) Your feet should be placed slightly under your legs. Slightly straighten your shoulders again. Your head should be facing straight in front. Your mouth should be closed, and your gaze should turn slightly upwards.
- 7) You should sit in this pose for between 8 and 10 minutes, breathing quietly through your nose, so that neither your diaphragm nor your chest heaves.

That's it! It is all brilliantly simple, but with a simplicity in the positioning of the hands and eyes that Doctor Konstantin Buteyko took 40 long and difficult years to achieve. So, believe me. This simplicity came at a high price.

Commentary comments, program and explanations for Buteyko Exercise No 1 are given in the Buteyko Course by Sergey Altukhov