

The mobile device for training health-improvement respiration has a body and the appliance for attaching the device to the face. The chamber of the body comprises the appliance controlling the volume and the physical load applied to the respiratory system providing for shifting the respiration towards the endogenous pattern and ensuring the inhalation. The body of the device consists of two parts, each of them possessing the bottom and the elastic cover in the form of bellows. The appliance controlling the volume of the chamber is designed as the screw pair installed inside. The appliance controlling the physical load applied to the respiratory system providing for shifting the respiration towards the endogenous pattern and ensuring the inhalation is designed as the bypass openings with the external shutters. The bellows of the cover contains the scales of the sizes of such bypass slits. At the bottom of the chamber, the naso-oral valve is installed representing the elastic bilateral capsule with supplying and bypassing microopenings in its shell. The appliance for attaching the device to the face is designed as the mouthpiece installed in the bypass opening at the bottom of the body connected with the screw pair.