



TRI BREATH

A BODY SCULPTING  
PROGRAM

Isometric  
**Prayer**

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# Isometric Prayer

When one becomes aware of energy, one also becomes aware that resistance creates change. If you have a flow of water and place rocks in this flow, this blockage/resistance will change the direction the water flows. Same thing with isometric movements.

The idea to embed in your mind with regard to isometric movements is the way you can use the two sides of your body's to create resistance to create structural change. Because you're solely working within and upon your own body, you can vitalise muscles and connective tissue in a way that by simply placing a load upon the body, you couldn't otherwise achieve. Isometric Prayer is one such movement that provides multiple benefits on both aerobic and muscular levels. Within the TriBreath Body Sculpting program there are four isometric movements with three of these movements being flow on movements.

These three isometric flow on movements are...

1. Isometric Prayer
2. Isometric Arrow
3. Isometric Plough

So long as you maintain your shoulders in the Up, Back and Down position, these three isometric movements will help your chest expand from both front and back but also from the sides of your torso. Obviously this expansion requires greater lung awareness and that's where the TriBreath breathing rhythms come into their own.

Hence why breathing up into the base of your skull (the mastoid process) on your last IN breath helps you lift your head out of the very quagmire that engulfs it.

Isometric movements fortify your body. When you use your breath to orchestrate your muscular contraction and compression, your whole body becomes a platform from which you can expand outwards. In Isometric Prayer mode, as your hands are pressed together on your IN breath, you lift your head up. As you lift your head up and out of your shoulder girdle, you push your sternum (breast bone) forward as you open your back muscles from the sides out.

As these isometric movements offer you expansion in all directions, being aware and paying particular attention to expanding from your under arm area is most helpful. In Prayer mode, most of us will see our focus being drawn up to the top of the shoulders and back muscles (in particular the trapezius muscle). Our goal is to focus more on the sides of our ribs (the area just under the arm pit). This visualisation will help connect you to your latissimus dorsi muscle (your lats), reason being your lats are the major body of your wings. And we all need our wings to fly.

As all the TriBreath rhythms work with isometric movements, use the rhythm that best works for you. I like the 5 Step breathing rhythm as this rhythm gives us three very clear points of extension via our use of the Breathing Points of the Spine.

## The technique

There are three ways to use your breath with regard the TriBreath isometric movements.

1. The first way is to relax the body on the IN breath and then on the OUT breath, you squeeze and press the muscle holding the contraction
2. The second way is the opposite of this by contracting and pressing the muscle together on the IN breath and relaxing the muscle on the OUT breath
3. The third method is my preferred method which is holding the squeeze and pressing of the muscle together on both the IN breath and OUT breath, but on the OUT breath you increase your pressing force and hold this force for the following IN breath's, and again increase your force on the OUT breath. Hold the extra contraction generated on the OUT breath through to the following IN breath, then onto the OUT breath to get more squeeze and so on.

Basically your always holding the energy and using this "contained energy" to see your body expanding from the very cage encapsulating your ability to breathe in life... your rib cage.

### With your shoulders in the Up, Back and Down position and using the 5 Step

- Step 1.** Bring the palms of both hands together into a prayer position
- Step 2.** On your IN breath, gently bring your elbows up to shoulder height with your forearms held horizontally as you point your fingers straight up
- Step 3.** As we are using the 5 Step for this example, on your two OUT breaths, squeeze the palms of your hands together whilst still maintaining your elbows at shoulder height and your forearms horizontal to the ground
- Step 4.** On your following three IN breath's, hold the squeeze in between your hands and on the following two OUT breath's, again increase the squeeze and hold it
- Step 5.** This returns us to the IN breath where we repeat the process and so on

**Note:** Pay particular attention to regularly adjusting your shoulders into the Up, Back and Down position whilst engaged in the TriBreath isometric movements. The squeezing of the arms tends to promote the shoulders rotating and creeping forward which unfortunately can be seen in the majority of humans hence the remedy found in TriBreath.

## Some further visualisations

### The lifting of your chest

A powerful visualisation that helps the expansion of the chest is to use your IN breath to lift your head up from the back of your skull. At the same you lift your head up you project your sternum forward by pulling the points located just under your clavicle (wing bone) back.

### Your salt pits

For those studying the Science of Triangles, there's an interesting triangle of force that can be well utilised due to the placement of your body whilst doing the TriBreath isometric movements.

If you haven't already, the next time you have an opportunity to stand in front of a mirror with a bare chest; without a shirt or top on (no bra either ladies), look and see on both sides where your shoulder (deltoid) and chest muscles (pectoral) meet.

- See there's a crease... It's a diagonal crease running from the bottom of your armpit up to your wing bone (the clavicle)
- On this crease directly under both of your wing bones you'll find a pit. These pits are called "the salt pits"

These salt pits that are located on your left and right hand sides form the foundation for the base of a triangle with the middle of your breast bone (sternum) being the top point of your triangle. It is from these points that i'm referring to when i say lift from the back or your skull and project your sternum forward.

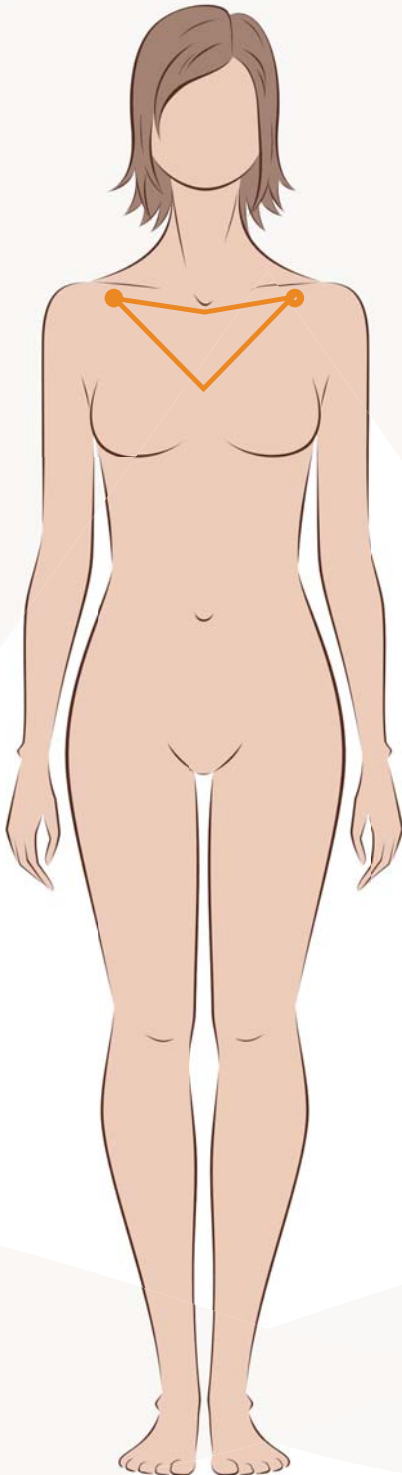
Remembering without salt there is no life and without the triangle we are lost. When salt molecules cluster together to deposit themselves into a solid, the first shape they assume is that of triangles, of small pyramids and cones.

With the triangle being the shape of transformation, it's no wonder the use of the TriBreath rhythms and the integration of your breath with the triangle, "fires you up" so to speak. Using the myriad of triangular opportunities that occur throughout the human design fortifies the physical structure as the truth is, "we are what we think."

Just by placing yourself into Isometric Prayer position without any of the physical contraction or squeezing, and by focusing on the expansive properties of both IN breath and OUT breath, you can achieve wonderful results in releasing tension of the back, neck and shoulders. If you're at a desk often, just going into Prayer position with relaxation as the goal is a wonderful experience.

## Triangles of Force

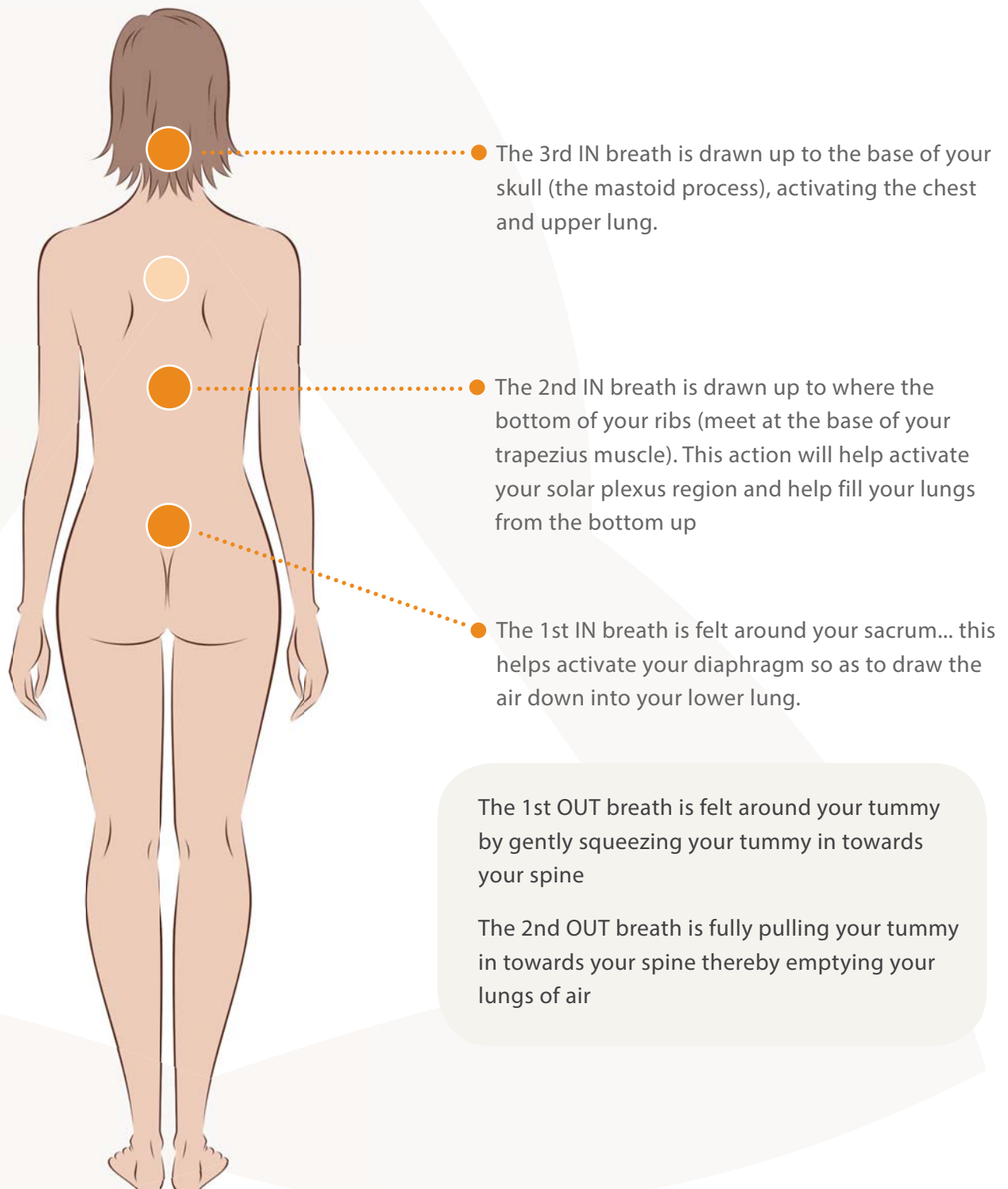
See what you can do with this triangle of force. Even though our models arms aren't in Isometric Prayer position, focus on finding these points midway under your clavicle.



- With shoulders Up, Back and Down, both points under your clavicle (the base of your triangle) will now be visible
- On the IN breath, pull these salt pits back (shoulders attached of course) and at the same time push and lift your sternum forward (the 3rd point of your triangle) increasing the size of your triangles dimensions with every IN breath
- Using this triangular shape, your goal is to maintain the shoulders back with your breast bone in the up and out position whilst lift from the back of your skull. This allows your rib cage to open so as to let your lungs expand thereby breathing in more life
- On a side note these salt pits form the base points of quite a few triangles of force located on your body. For example the salt pits and the belly button are used extensively in the advanced use of your OUT breath

## Breathing Points of the Spine

Using the 5 Step practicing Isometric Prayer, utilise the sacrum, solar plexus and mastoid process to direct the flow of energy received from your breathing upwards like an arrow



## Points to remember

- Maintain your shoulders in the Up, Back and Down position
- Use either the 3 or 5 or 7 step... the fullest breath the better
- Keep eyes on a fixed point looking straight in front of you chin in, eyes up
- Your elbows are slightly bent to maintain shoulder placement
- Beginners - On your IN breath relax the arms, on your OUT breath squeeze the arms as you press the palms of your hands together
- Advanced - On your OUT breath, squeeze the arms and press your hands together and hold this squeeze. On your following IN breath, still holding this squeeze, on your following OUT breath squeeze some more and then hold this squeeze until the following IN breath and repeat until you move into Isometric Plough
- Imagine yourself being lifted with every IN breath, getting taller

## The little breath tip

To help fill your lungs with air gradually, the little breath bigger breath technique works a treat whilst practicing Isometric Prayer. Using the 5 Step, with your IN breath's think...

- 1st IN breath little breath
- 2nd IN breath big breath
- 3rd IN breath biggest breath

and then when your exhalation (the OUT breath) begins think...

- 1st OUT breath little breath out
- 2nd OUT breath being the biggest breath out

This way you'll be able to fully maximise both your upper and lower lung as more conscious thought will be placed upon activating your diaphragm.

## BE FULL OF CARE

Start softly and proceed with no rush to get anywhere.

As with all the TriBreath movements, we embrace feeling first... then work in the tenths of millimetres to expand outwardly on the physical level.