



TRI BREATH

A BODY SCULPTING
PROGRAM

Posture Pose

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Posture Pose

Posture Pose... a movement that speaks for itself. Extension of the abdominal muscles and further flexion of the torso as you harness the strength of your diaphragm, particularly on your OUT breath. Works wonders on the shoulders, tummy and spine.

Yet there's a lot more to Posture Pose that meets the eye! Long has it been known that accelerating for short distances is very good for your body's cardiovascular system... Praise be science has finally discovered that walking up a hill is good for you :-)

The same can be said for quick sprints on your daily walk. But before anybody flings their arms up or maybe sends a plethora of obscenities my way with regard to sprinting, quick sprints can also be a "walking sprint" for let's say... 20 seconds at a time.

For example...

Let's say for instance you've just finished Runner Up and closed it out with a 20 second walking sprint. As soon as you reach your finishing point, slow down (almost stopping), move straight into Posture Pose using the 3 Step rhythm.

By simply moving your body into Posture Pose, you place your body into such a position that your body will want to breathe in... not the usual huffing and puffing and body collapse so commonly associated with shortness of breath.

The technique

For this example i'll be using the 3 Step

- Step 1.** Hands are held behind your head with your fingers interlocked.
- Step 2.** When i say interlocked please don't hold the idea your fingers are all tensed and gripped together. Keep your fingers soft! Your hands don't do any work! Your chest, arm and back muscles maintain the position of your hands
- Step 3.** Place your hands 1 inch (25mm) away from the back of the head... Please note that at no stage do your hands rest on the back of your head
- Step 4.** Once your hands are in position, bring your elbows back until they reach their point where it's easy. That is no tensing of your muscles to keep the elbows back. Keep your actions soft and relaxed
- Step 5.** Focus on your breath and maintain the open relaxed position of your elbows and fingers as you pull your chin in and lift your head from the back of your skull

A remedy for stationary air

As a side note Posture Pose is also the only movement i've seen that literally removes stationary air from your lungs. If you've ever been short of breath with the feeling there's just no room in your lungs for any more breath, here may be the reason.

Anatomically speaking, it is believed that up to 30-40% of the air in our lungs doesn't leave the lung with the medical term for this air being called "stationary air". i call it stale air and moving this stale air out of the lungs is one the many gifts Posture Pose offers you.

The best way to release this stale air is to use Posture Pose when you're walking down a hill. The added extension of the abdominal muscles on your diaphragm, particularly on your OUT breath as you squeeze your belly in and push the back of your tongue forward has cleared many a lung from the weight of immovability.

Be advised you do have to hold the mouth and throat in such a position so as you can use your tongue to open the doorway so to speak. It's almost like your body will attempt to vomit and you probably would if you had just eaten.

Please be gentle with your thoughts by not promoting fear of the vomit reflex. It's a reflex that fulfills many purposes all with the goal of keeping you alive in your body. When you get used to using this reflex in a particular way, you can use it to expel this stale air and the first time you get it, you'll go Holy Moly... where did that come from.

And you feel good... real good. Tonnes of weight gets taken off your shoulders you didn't even know you were carrying. It's an amazing release and well worth the experience.

Let's move some stale air

When you're aerobically fatigued (like after walking up a steep incline or finishing Runner Up and moving straight into a 20 second walking sprint), move straight into Posture Pose and...

Step 6. Open your mouth so that the width of your open mouth is about two of your fingers sitting vertically wide

Step 7. On you IN breath's focus on your extension and lifting of your head

Step 8. On your OUT breath, as your leading foot lands (remembering that due to the slope your leading leg and iliopsoas muscle will be extended more than if you were walking on flat land), squeeze your belly in and push the back of the tongue forward

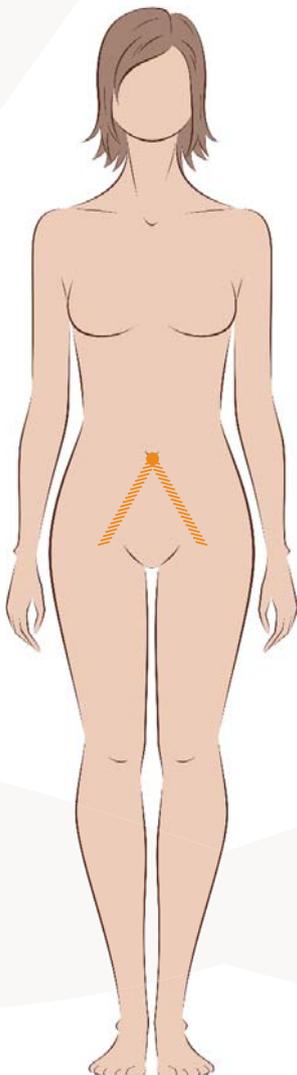
With your abdomen also being extended due to you walking down a hill, as you squeeze your belly in this will place extra pressure on the base of your lungs thereby activating the gag response to allow the release of the stale air.

Like i said it's almost as though you're going to vomit. Make sure you have an empty tummy until you get good at it and when you first get it you'll know. And once you know how to do it you'll never look back. It's a great technique for health.

Time for some vision building

The iliopsoas is a muscle group that runs from the outside of your lumbar vertebrae down to your leg. It can help to look at the iliopsoas muscle as an upside down V shaped muscle that starts around your belly button and spreads outward and down to your groin crease.

Even though our models arms aren't in Posture Pose position, imagine your fingers gently interlocked behind your head and your elbows open...



- With each step forward you take (be it an IN breath or an OUT breath), think of your upside down V shaped iliopsoas muscle also being extended from your belly button down to your legs groin crease
- NOTE... it is on your OUT breath when your foot lands that you can really feel, strengthen and direct your body's energy flow from your heel (tallus) and skull (mastoid)
- For example... On your OUT breath as your foot lands on the earth, at the same time extend your leg from your groin, squeeze your belly in and lift your head up from the back of your skull

Another triangle of force

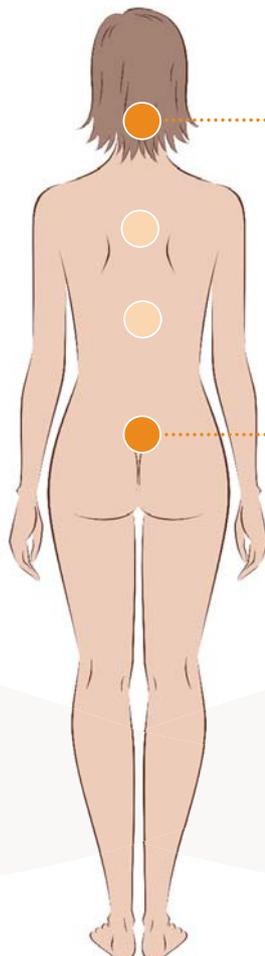
To help you consciously use your mental apparatus to shape and rebuild your body, visualise two points situated on the inside of each elbow. These points are the two base points of your triangle.

The other point of your triangle is in the point located in the middle of your sternum. When your arms are in position with hands loosely held behind your head, as you lift your skull up on an IN breath, in millimetres pull your elbows back whilst maintaining your relaxed position of your hands and push forward through your sternum.

See the triangle and create as much distance from your elbows to your sternum using your IN breath to expand your body.

Breathing Points of the Spine

Like i said, i like using the TriBreath 3 Step rhythm when i go into Posture Pose particularly from my sprints be they walking or running sprints. Hence i would use the sacrum and mastoid process to direct the flow of energy received from my breathing upwards.



• The 2nd IN breath is drawn up to the base of your skull (the mastoid process), activating the chest and upper lung.

• The 1st IN breath is felt around your sacrum... this helps activate your diaphragm so as to draw the air down into your lower lung.

The OUT breath is released by squeezing your tummy in towards your spine on the one step.

Points to remember

- Open your elbows out but without using muscle force. Only go to where your muscle will allow whilst maintaining a relaxed disposition
- Lift yourself up from the back of your skull
- Open up your groin by promoting extension of your lower abdominal region and your leg in and around your leg crease
- Squeeze your belly in on your OUT breath

The little breath tip

Just like the ocean tides come in and go out gradually, same principle with your breathing in and breathing out. Like i said, i like using the 3 Step rhythm when i practice Posture Pose so with your IN breath's think...

- 1st IN breath little breath
- 2nd IN breath biggest breath

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

- 1st OUT breath 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

Any form of extension around the upper back and neck requires gentleness.

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