



TRIBREATH

A BODY SCULPTING
PROGRAM

Shake the Foot

Watch the video @tribreath.org

Shake the foot

Shake the Foot is a flow on movement from Spot of Tea and the other TriBreath leg movements that promotes the freeing up of your legs and increasing blood circulation to your feet.

Why focus on the feet? There's an old adage that states, "Age creeps in from the feet up." Why do i believe this old adage to be true? For numerous reasons with the main three being...

1. The law of gravity
2. Basic plumbing
3. The acid producing functions of the body

Gravity and you

It's a natural law... things are pulled downwards on the planet because of gravity. Minerals in solution, however small in size, are still governed by the same law and fall/drop to the bottom of whatever liquid contains them. Sediment on the bottom of a bottle left to stand in the cupboard is a classic example of this in the extreme when the minerals we're talking about in your body are in the macro. Really small... like heaps smaller than a red blood cell small.

Be the particle a mineral, or waste product (created by the process of metabolism), everything in the body is transported in a liquid called blood, and blood is made from water. As waste product or what is commonly called acid, has substance, as such that acid will, like gravity dictates, be pulled downwards to the bottom of your bottle (your body) or to what is called your feet.

Which leads us onto basic plumbing.

Your plumbing

Remember... Bloods primary ingredient is water. Your blood is life and it is the flow of oxygen and nourishment through the blood that feeds your body. The organ that pumps this blood (water) around to the furthest extremities of your body is your heart.

And what part of your anatomy is the furthest distance from your heart? Yep... your feet!

Alas, as we age, our water pump (the heart) through the same process of crystallisation and return, forfeits the capacity to pump efficiently and hence the supply of nutrients and filtration of waste to the furthest part of the body (your feet) is compromised.

Acid production

It's a no brainer that your body requires oxygen, fats and sugars for energy. Your body then converts this energy to produce movement of your muscle.

As a by product of this energy production, a waste is produced. This waste being "acidic" by nature unfortunately has a glue-like effect on the muscle when it builds up and cools down so to speak. Like when strenuous movement on one day is felt in soreness upon waking the next day.

This acidic waste is removed from your body using water and the four channels of excretion...

1. Respiration
2. Perspiration
3. Urination
4. Defecation

Hence why hydration, movement and breath work is the most basic requirement for any and all humans seeking regeneration. When you add movements like Shake the Foot into "regular body movement", the accumulation of acid waste in the lower extremities can be dispersed and reduced thereby improving mobility and health.

With regard to waste removal, the order above is correct. It is your breath that removes the greatest amount of hinderences (on so many levels) from your body. Hence the breath work!

The technique

Taking a big breath in, with your shoulders in the Up, Back and Down position, set your body up to start the action of walking...

- Step 1.** On your OUT breath, as you lift your leading leg, pretend you have something on your shoe or foot and shake it off
- Step 2.** With your following IN breath, whilst still moving forward, pretend you have something on your other shoe or foot and shake it off
- Step 3.** On your second IN breath, same process; shake that imaginary thing off your foot
- Step 4.** On your OUT breath, repeat same process with the opposite foot and continue until such time as one feels complete :-)

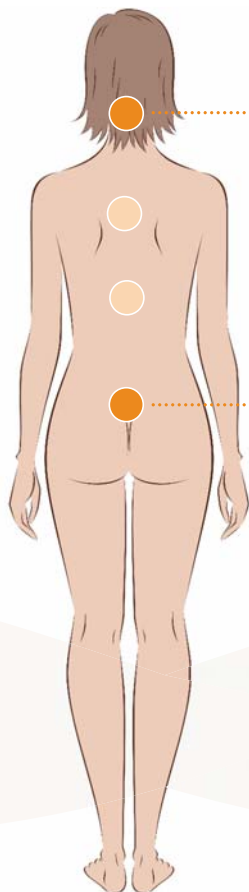
Some finer notes

Shake the Foot would appear to be a very simple movement if the number of points in the technique section were any indication. And it is! But as with everything that appears to be simple, there are many factors that can come into play with regard to the technique.

- With gentle intension, confine your shaking energy directly onto each foot
- Relax your thigh muscles to allow the ripple effect of shaking of your foot to FLOW UP to your thigh muscles
- Maintain your shoulders in the Up, Back and Down position with your arms relaxed and hanging by your sides
- Focus on the shaking movement of your foot and not the distance travelled by your legs

Breathing Points of the Spine

When practicing Shake the Foot and using 3 Step breathing rhythm with its associated breathing points, your breathing will be directed in such a way.



● 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 on the one step as you focus on the release of your foot from your ankle.

Points to remember

- Only shake your foot to what feels comfortable
- Don't over exaggerate your leg lifting
- Use the 3 Step so you can focus on each individual foot
- Imagine yourself being lifted with every IN breath, getting taller

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 experience Shake the Foot 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

Start softly and proceed with no rush to get anywhere. Over zealous shaking of your foot is not a requirement. Go to where you feel comfortable.

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.