



TRIBREATH

A BODY SCULPTING  
PROGRAM

# Spot of Tea

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# Spot of Tea

Legs are like the roots of a tree. If the roots aren't strong and stable, the tree's unstable. Same thing goes with your legs.

Leg strength is vital for pelvic stability and your pelvis is just like the base of a tree. In more ways than one, the trunk of your tree is what we call the spine. It is from your spine where every nerve in your body branches out in every possible direction with one task at hand. The transmission and reception of information.

Hence maintaining root strength (leg strength) is an absolute necessity for you if you wish to live a life mobile and independent. Which leads us on to a Spot of Tea!

Spot of Tea is a wonderful movement whose method of action isn't uncommon to most of us with one exception... the thought structure behind the action. It may be true that most would confess to running a mile to get away from the feeling of any muscle burn.

But what if your "muscle burning thoughts" were over coloured with thoughts of scones or bikkies and a Spot of Tea? Being a lover of good things, i know for a fact that if there was a cup of tea and scones placed on a plate in front of me, i'm going to hang around for a bit longer.

With that said, even though Spot of Tea is a static movement (you're not walking or moving), your Breathing Points of your Spine still have a very large part to play. When you're practicing a Spot of Tea, i would recommend using what i consider the most versatile and inclusive of the TriBreath breathing rhythms, the 5 Step.

Whilst in the Spot of Tea power position, it gives you a great opportunity to focus on your spine as you move your breath from your sacrum up as you reintroduce the curve in your lower back.

## Creating the reality

Like i said, more than half of the technique for you to get the best out of Spot of Tea is in your mind or more to the point your thought processes. Your imagination comes into play and it is with your imagination that comes the greatest creating tool we're blessed with... our thoughts!

Thought is the true epitome of the creator and to first see the vision in the mind and then make that vision a physical reality is the essence of life creating life. It's amazing how easy it is to bring peace to your body using your imagination. Even the feeling of burning muscle can be appeased by consciously using your breath and mind in a certain way.

So imagine you have a small round garden table with a chair sitting in front of you that you're going to pretend to sit on. See placed on that table, your choice of beverage (warm/cold) and foods you find scrumptious. It can be whatever you like, a pastry, a bikkie, a mango... just make it something you really enjoy!

But before you sit down at this table, we first must focus on the positioning of our feet.

Positioning your feet is a very important aspect of structure, as the distance between your feet affects your body in different ways. You could say each stance has its own rightness so to speak.

As the body is designed to have the feet close or apart, experiment to see what works best for you as per your requirements and from there build.

## Your foot position

Foot placement is imperative when it comes to any displacement of loads placed on your body. So many injuries are experienced by so many with many injuries being caused by small movements being executed in the wrong position.

For example... back pain and brushing your teeth! If you've ever experienced lower back pain then you'll know about the associated twang that can be felt in the lower back when you habitually bend to rinse your mouth out.

If your knees aren't bent and your leg muscles aren't taking the weight of your body, those small forward sacral movements that we take for granted can put you in all sorts of very distressing and problematic positions. With so much discomfort being caused by poor body placement, it makes sense to familiarise yourself with your skeletal and mechanical structure.

## The placement of your feet

- Step 1.** Your feet are always pointing straight ahead whilst in the Spot of Tea position with the inner edge of each foot running parallel with the opposite foot
- Step 2.** So when you're looking down at your feet, the distance between the heel of one foot and the heel of the other foot is the same distance apart as the ball of your big toe on one foot and the ball of your big toe on the other foot is
- Step 3.** Your feet always run parallel with each other!

## The distance between your feet

The way individual muscle groups are vitalised continually changes whilst practicing Spot of Tea as is the case when the distance between your feet changes.

- The closer your feet are together, the muscles used to hold your body in position is concentrated in and around your upper thigh & tummy muscles
- The further your feet move apart, let's say a touch over shoulder width apart, you'll feel the load more readily distributed from your upper thigh, up to your back muscles, radiating down to your side abdominal

As for your connection of your feet, and with any power work, connecting the mind to the soles of your feet then the soles of your feet to earth first is a priority. Always think grounding!

## Your connection/grounding

**Step 4.** In the first instance, breathing in gently through your nose, focus your attention down to the heels of your feet, then move your awareness up to the ball of your big toe

**Step 5.** Once you've recognised the connection (you can feel the weight of your body being supported by your heel and big toe on both sides) bring your focus out to the outside and underside of your little toe (in particular the outside metatarsal bone)

**Step 6.** If you have that in your mind, you've just built a mental connection and earthed/grounded three big power points located on the soles of your feet

## The technique

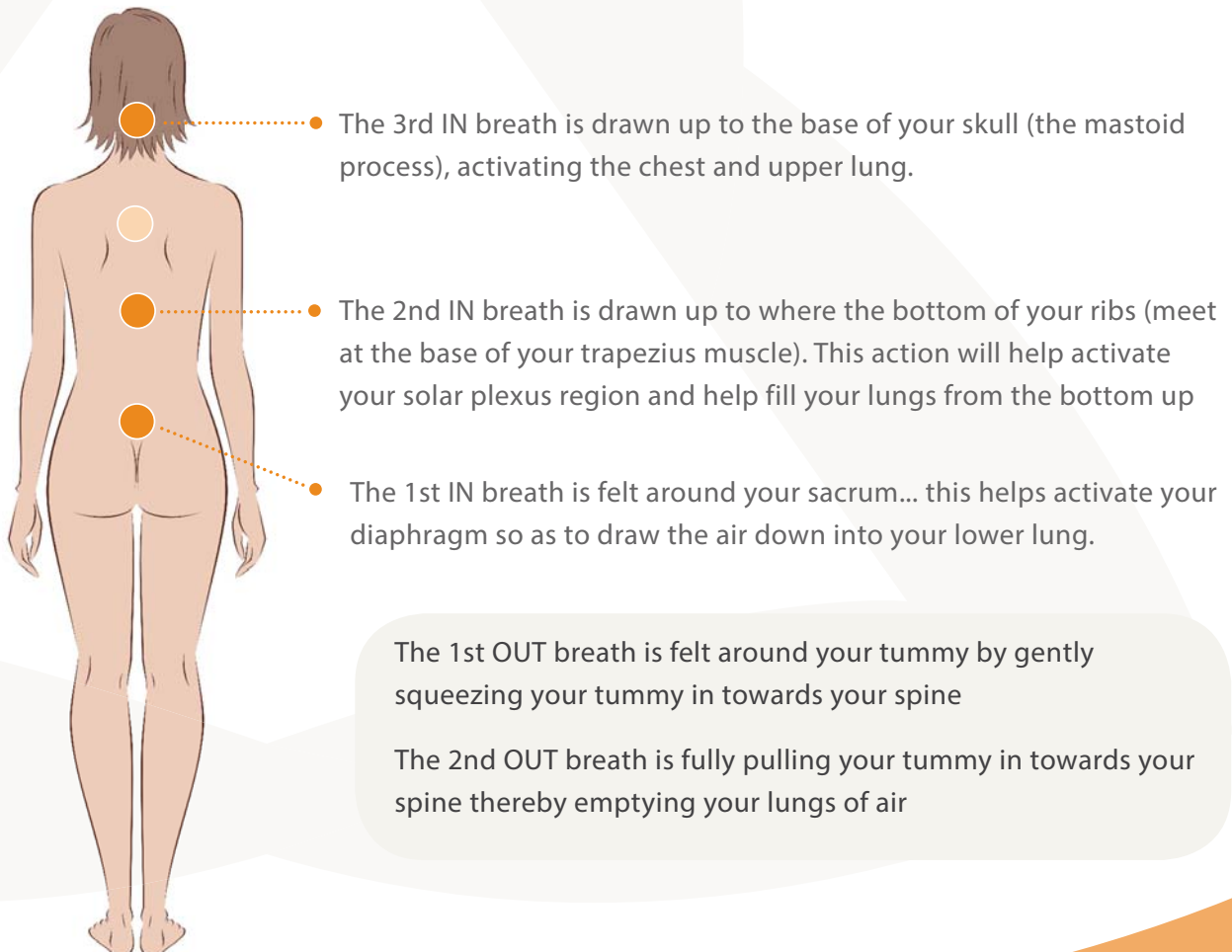
Adjust your feet as is necessary so you're comfortable. Once you have your feet happening, imagine there's a table in front of you and prepare yourself to sit down.

When you're ready, take a big breath in and...

- Step 7.** On your OUT breath, at the same time, lift both arms up & out in front of you as you lower yourself down as if you were about to sit down
- Step 8.** On your IN breath, with your hands held out around chest height, lift your shoulders Up, Back and Down whilst still maintaining your hand height
- Step 9.** With shoulders Up, Back and Down, gently push your hands out without losing shoulder form and keep an upright position so as to not lean forward
- Step 10.** When the burning of your legs start, pretend your popping jam on one of those scones and pour yourself a cup of tea
- Step 11.** When you're ready to come out of position, take in a big breath and on your OUT breath, gently lift yourself up to a standing position and follow up with the Shake the Foot

## Breathing Points of the Spine

Using the 5 Step practicing Spot of Tea, utilise the sacrum, solar plexus and mastoid process to direct the flow of energy received from your breathing upwards like an arrow taking flight as you lift your spine.



## Points to remember

- Throughout you holding the Spot of Tea position, continually say to yourself shoulders Up, Back and Down and then relax into it
- Keep your feet pointing straight ahead and parallel at all times whilst holding the Spot of Tea position
- Place and support as best you can the curve in your lower back as you use your big leg muscles to hold your body's weight
- Use the 5 step... the fullest breath the better
- When the muscles of your legs feel as though they're burning, focus your attention on your tea and treats

## The little breath tip

To help fill your lungs with air gradually, the little breath bigger breath technique works a treat. 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. Hold the position for 10 seconds and see how you feel tomorrow. If all's good, do a 20 second stint and so on. Work yourself up to a minute or two over months but be mindful so you can walk the next day :-)

Be gentle!!! The inner groin doesn't like to be over exercised without due preparation.

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