



TRI BREATH

A BODY SCULPTING
PROGRAM

The 7 Step

Watch the video @tribreath.org

The 7 Step

Ahhh the 7 Step... my favourite breath. The breath of duality.

If you're looking for a breathing rhythm that fully supports an open and full lung; a breathing rhythm that fully utilises your spine in your breathing movement and a breathing rhythm that splits the body into its two, right and left physical hemisphere's... you're going to love the 7 Step.

The approach to the 7 Step is the same alternating breaths technique as in the 3 Step & 5 Step, except this time your IN breath is over 4 breaths or 4 steps and your OUT breath is exhaled over 3 breaths or 3 steps.

The 7 Step is for those times when you feel like breathing in a full rib-cage expanding long, slow breath or when you're so in tune with the universe you are the universe. The 7 Step is a very peaceful breath.

i remember the first time i really clicked in to the 7 Step when going for a gentle run. It was as though my body took over so i didn't have to think about what i was doing. It became a set-and-forget rhythm for the body so to speak. i for the first time just experienced the breath with the lightness of my body as i floated over this forest path with barely a imprint left behind... it was so beautiful.

Being so far away in the mind with a fullness of breath can only be described as euphoric. Buzzing for days after that run i was and eager to experience more.

Looking at the timing

When using the 7 Step breathing rhythm, the way we approach the technique remains the same as the 3 Step and the 5 Step rhythm, except this time your IN breath is maintained over four steps and your OUT breath over three steps.

Again, understand that each individual step you take as you walk or run, either equates to an IN breath or an OUT breath. So using the 7 Step rhythm...

- The first step you take is an IN breath
- The second step you take is an IN breath
- The third step you take is an IN breath
- The fourth step you take is an IN breath
- The fifth step you take is an OUT breath
- The sixth step you take is an OUT breath
- The seventh step you take is an OUT breath

Starting your 1st breathing cycle with the RIGHT leg leading:



- As your right leg moves forward (1st step) you start your IN breath
- As your left leg moves forward (2nd step) you're still breathing in
- As your right leg moves forward again (3rd step) you're still breathing in
- As your left leg moves forward (4th step) you finish your IN breath
- As your right leg moves forward (5th step) you start your OUT breath
- As your left leg moves forward (6th step) you're still breathing OUT
- As your right leg moves forward (7th step) you finish your OUT breath when your right foot lands on the earth

Continuing your 2nd breathing cycle on the LEFT leg:



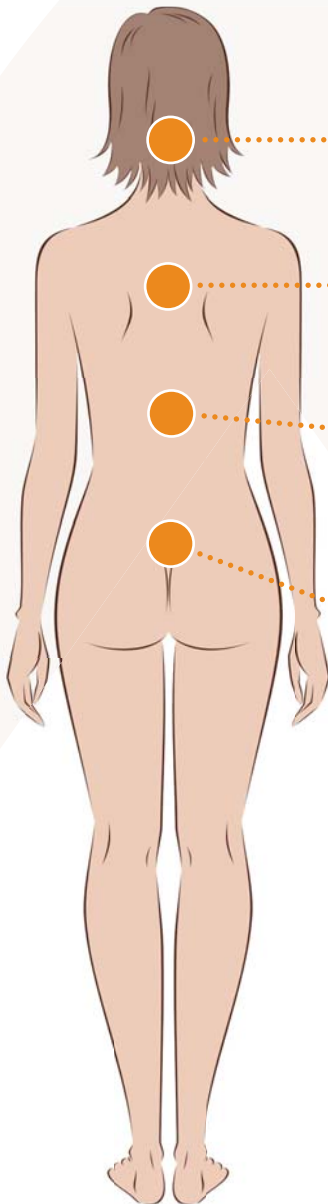
- As your left leg moves forward (8th step) you start your IN breath
- As your right leg moves forward (9th step) you're still breathing in
- As your left leg moves forward again (10th step) you're still breathing in
- As your right leg moves forward (11th step) you finish your IN breath
- As your left leg moves forward (12th step) you start your OUT breath
- As your right leg moves forward (13th step) you're still breathing OUT
- As your left leg moves forward (14th step) you finish your OUT breath when your left foot lands on the earth

As you can see, the 7 Step is the only rhythm that has a complete breathing cycle (both the IN breath's and the OUT breath's) being on the one side of your body at one time. The **right** two three four... **right** two three... **left** two three four... **left** two three.

It's like a swinging pendulum meditation splitting you straight down the middle that travels from side to side and the best bit is... you're the pendulum!

Breathing Points of the Spine

To familiarise yourself with the Breathing Points of the Spine



- The 4th IN breath is drawn up to the base of your skull (the mastoid process), activating the chest and upper lung.
- The 3rd IN breath is drawn up to the spine area that lies in between your shoulder blades. This action will help activate your heart region and expand your thoracic cage
- The 2nd IN breath is drawn up to where the bottom of your ribs (meet at the base of your trapezius muscle). This action will help activate your solar plexus region and help fill your lungs from the bottom up
- 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 1st OUT breath is felt around your tummy by gently squeezing your tummy in towards your spine

The 2nd OUT breath is the fluid movement of your tummy still moving inwards

The 3rd OUT breath is fully pulling your tummy in towards your spine thereby emptying your lungs from the bottom up of air

Build your foundations strong

When and how the 7 Step is used with the 3 Step & 5 Step, will depend on the particular activity you're engaged in. By focusing on your technique many rewards and dividends will be received. TriBreath is very cool and ancient in its foundation as it primarily deals with the distribution of the life-force we call air.

As with all skills, the more you practice and become familiar with these breathing rhythms, the when and where to use them will be based on your breathing experience, and how much lift you feel you need.

Try using the rhythms like you would the gears in car

For example... Going up a hill use the 3 Step; on the flat use the 5 Step and when you're on the highway slip into the 7 Step and cruise control. Coming up to an incline drop back into the 5 Step.

If you feel like stopping and pushing a wheel barrow full of dirt, go straight into the 3 Step for the added control and power. And who wouldn't want to stop and push a wheel barrow full of dirt around if the bonus is you get is beautifully toned and sculptured muscle whilst filling yourself with life-enriching breath???

The little breath tip

To help fill your lungs up with air, using the little breath bigger breath technique works a treat. Using the 7 Step, with your IN breath's think...

- 1st IN breath little breath
- 2nd IN breath bigger breath
- 3rd IN breath big breath
- 4th IN breath biggest breath

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

- 1st OUT breath little breath out
- 2nd OUT breath bigger breath out
- 3rd 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.

Points to remember

- The 1st IN breath changes every 7 steps from the right leg to the left leg
- The 1st OUT breath changes every 7 steps from the right leg to the left leg
- In the beginning, breathe IN through your nose and OUT through your mouth. As your respiratory strength improves move towards purely nasal breathing. That is... in through your nose and out through your nose :-)