



TRI BREATH

A BODY SCULPTING
PROGRAM

The
Eagle

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The Eagle

Ahhh Eagle... the movement to soar high over mountains or fly low across an ocean

It's a beautiful movement the Eagle... powerful yet so graceful. It's one of the best movements to help correct a hunched spine and open the chest by the pulling in of the chin and the holding of the head high. As your arms are drawn back and up so too is your breath pulling in filling up your lungs and expanding your thoracic cage. On your OUT breath you feel the air's density under your arms as you lift your head high and pull your shoulders down low.

Because of the way you hold your hand and fingers, with particular emphasis on the thumb and index finger, extension is not only felt from the spine but in the forearms as well. Many mobility issues with regard to the hand can be addressed by practicing the Eagle. And it feels good!

The way you hold your hands

Like I said there's a couple of big technique aspects to be aware of hence the practice of regularly reminding yourself when you're in Eagle mode about these points will pay plenty of dividends.

The first is your index finger

With your hands held in front of you at waist height, straighten your fingers and in one movement connect the tip of your index finger with the tip of your thumb. Keep in mind that with every IN breath your index finger will remain as straight as possible as the tips of your thumb and index finger are connected.

The fingers of both hands are now facing in towards each other.

The second is your hand or more to the point... your wrist

With the tip of your index finger and the tip of your thumb connected, bend your wrist inward. Notice how when you bend your wrist inwards with your fingers held in position the ligaments on the underside of your forearm raise up.

This is good! This is exactly what you are looking for with the reason being as you lift your arms above your head on your IN breath (wrist and fingers still held in position), you get an extension of both muscle, ligament and nerve that would otherwise be unavailable.

You'll notice on your IN breath, as you lift your arms up like the wings of an Eagle (wrist and fingers still in position) and at the same time twist your wrists back, the opening you can experience in your chest, shoulders, back and neck is quite unique. It's compression, rotation and extension of your arm and shoulder muscles within the same movement.

The technique

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

- Step 1.** In one movement, connect your straightened index finger and thumb together and pull your wrist inwards so your fingers are now pointing at your hip.
- Step 2.** On your first IN breath, as you lift your arms up from the side (your wrist is still being held inwards as of Step 1.), rotate your wrist backwards.
- Step 3.** On your next two IN breath's, continue lifting your arms out and up (wrists still rotated back) until your hands meet above your head on your last IN breath.
- Step 4.** Lift your arms out and up like the wings of a big eagle until your arms are above your head and the back of your wrists are touching. Your fingers will now be pointing away from each other.
- Step 5.** As soon as your wrists touch at the end of your third IN breath, open your hand and pull your fingers and wrists back with your OUT breath as your arms come down.
- Step 6.** On your second OUT breath, when your hands meet at lower belly height, return to Step 1. by bringing the tip of your index fingers and thumb together, as you pull your wrist inward and back for the start of your IN breath

Some notes on timing

Depending on what breathing rhythm you're using, with your IN breath and the arms going up taking longer to complete than your arms coming down on the OUT breath's, it is in the quickening of movement where the "generated power" is found. The more you focus on smooth powerful arm movements and getting the air out as you lift your head up the easier it is for your body to get more air in.

When your arms are coming down, it's very helpful to imagine there's something dense under them as though your arms were in water and you can feel the resistance. Visualising this can help you connect on both physical and energetic levels with the entire underside of your arm and chest as you lift your head from the back of your skull.

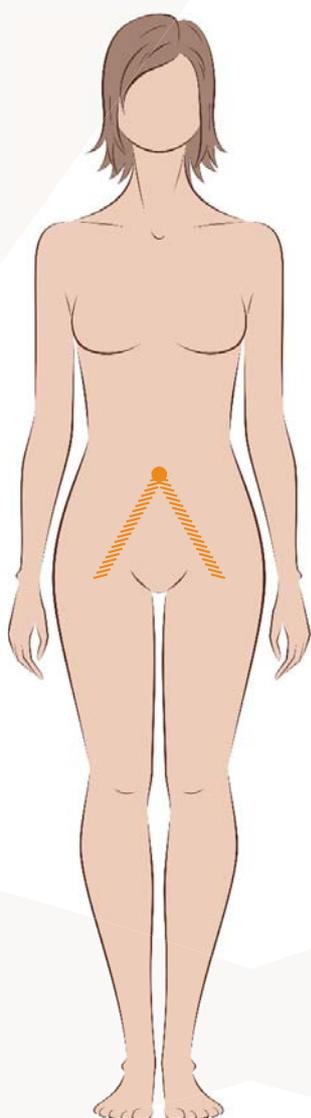
If you're in the park and using the 5 Step breathing rhythm as you walk, remember your three IN breaths are 3 steps taken with your feet as your arms go up and your two OUT breaths are 2 steps taken with your feet as your arms come down.

Triangles of Force

The Eagle is a movement of lifting and drawing oneself up. When your wrists and fingers are held in a particular way and your arms are extended above your head, it has an elongating effect on your body's torso. And this is good news if you wish to tone and tighten your belly as you walk.

There's a triangle of force that can be implemented whilst doing the Eagle that uses a muscle that is located next to your spine in the lower abdominal area called the iliopsoas muscle.

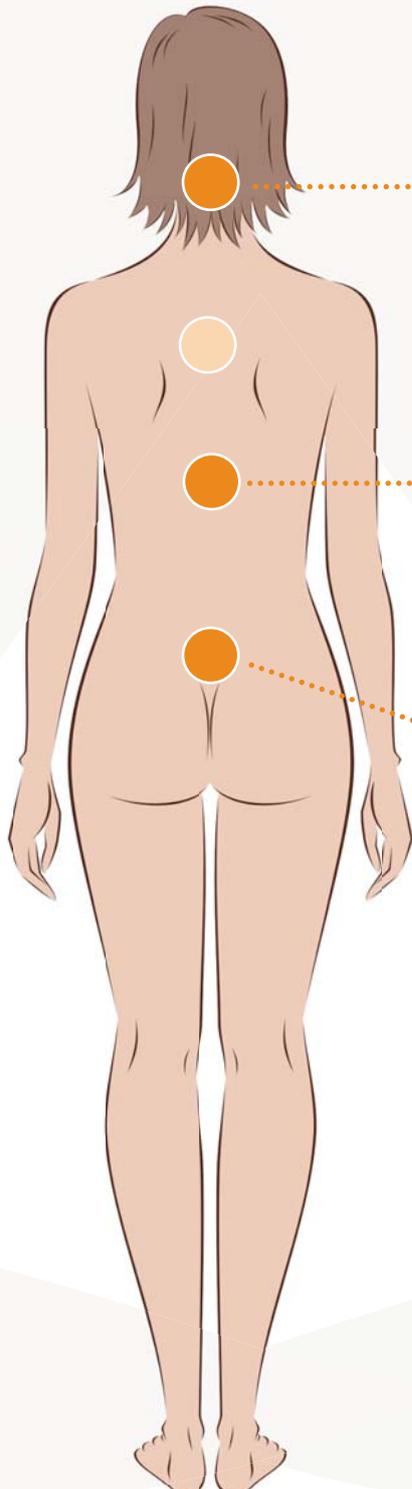
When your arms are up above your head on your last IN breath, whatever foot is landing, place emphasis on connecting the heel of this foot and use this connection as a platform for you to extend your lower belly. To further enhance your practice, once you have your heel in place, open your pelvis and groin muscles using your breath to activate your iliopsoas.



- Imagine another triangle starting from your belly button (top point) with the two sides of your triangle running diagonally down to the front of your pelvis
- This is basically where your iliopsoas muscle sits and whose function it is to stabilise your hips and lower back
- Visualise this triangle as your leading foot lands on the earth and see how you can isolate your iliopsoas muscle as your tummy is drawn in and flattened
- On the OUT breath as each of your foot lands, visualise the iliopsoas muscle extending as you project your pelvis forward and lift your spine and head up from the back of your skull

Breathing Points of the Spine

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



● The 3rd IN breath is drawn up to the base of your skull (the mastoid process), activating the chest and upper lung.

● 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 fully pulling your tummy in towards your spine thereby emptying your lungs of air

Points to remember

- Keep your shoulders in the Up, Back and Down position
- Use either the 3 or 5 or 7 step... the fullest breath the better
- Using the 3 step, your wrists meet above your head on the 2nd breath
- Using the 5 step, your wrists meet above your head on the 3rd breath
- Using the 7 step, your wrists meet above your head on the 4th breath
- Imagine yourself being lifted with every IN breath, getting taller
- Focus on extending from your side and waist muscles on your IN breaths and pulling your tummy in on your OUT breaths

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.

Any movement that requires extension of the abdominal region requires respect. Be Gentle As with all the TriBreath movements, we embrace feeling first... then work in the tenths of millimetres to expand outwardly on the physical level.