



TRI BREATH

A BODY SCULPTING
PROGRAM

A black and white photograph of a smiling woman in the foreground, with other people blurred in the background. The woman has long dark hair and is wearing a light-colored top. The background shows several other people, mostly women, in a group setting. The image is partially obscured by a curved orange border at the top and bottom.

The Extension

Watch the video @tribreath.org

The Extension

One cannot deny that moving lighter creates less physical impact. The truth of this statement appears on and within so many levels on and within planet Earth including within and upon our own body. Your body, my body, everybody's body at some stage of life will start to shrink. The tissues contract, the muscle calcifies; moisture is no longer abundant in the joints. What to do?

Apart from accept we are as the universe is, and governed by the same cycles, we eat lots of greens, raw vegetables and fruits as we lift our body's using your breath and movement. But the shrinkage still occurs. For instance... If you look at photo's of young people from the back and then look at the same man or woman 30 years later, you'll see one of the first areas to lose its structural expanse is the muscles of the wing in particular latissimus dorsi or what is called the lats. Why the lats (latissimus dorsi) first? i believe it's because of posture in the first instance.

To see and feel the physical effects with regard to posture and your lats, let your head fall forward even slightly and feel your shoulders come in. If this action is practiced unconsciously which billions of us do, our shoulders are in a continual state of being pressed in and with the shoulders coming in so to do the wings. Hence the breath work we do to open the shoulders and wings with movements like the Extension.

The placing of the hands

There are a couple of aspects to bring into your technique with regard to the Extension. The big one is the placement of your hands and the lesser one is how you lift your body's using your feet, or more to the point your heels as the platform for your lift.

With your hands, IT'S THE NOT USING ONE HAND to hold the other hand. When you cross your hands over so the palm of one hand sits on the back of the other, your thumbs and fingers are relaxed. There's no gripping of one hand onto the other. For instance if you're right handed, you may automatically use your right hand thumb and fingers to hold the left hand. Don't do this!

When you cross one hand over the other, be it the right hand on top or the left, relax your thumbs and fingers and relax your shoulders. Thumbs and fingers are always relaxed as you extend upwards, be it an IN breath or an OUT breath via the lifting from the palm of your hand.

By lifting from the palms of your hands, your wrists get pulled back allowing for greater upliftment of your body to be accessed (as your foot lands on the earth) via the straightening of your arm. You literally lift your body from your **FEET UP** to your waist, up to your arms, then straighten the elbows as you lift from the palm of your hand . Relax your shoulders :-)

Keep your chin in and lift from the back of your skull.

The placing of the feet

As for your feet, it's the little steps. And when i say little steps i'm talking about you could almost be walking on the spot. LITTLE STEPS! The smaller the step you take the better as it allows you to breathe from your heel up. When you breathe into your heel it gives you an anchor to lift your whole body up. Particularly on your OUT breath, when your foot lands on the earth, press your heel into the ground a little more as you push your pelvis slightly forward.

This will give you the added bonus of vitalising your iliopsoas muscle (a stabilising muscle of your lower spine). Think curve in the lower back, tummy in, chest full and head high.

The technique

With the little steps, i always recommend starting with the 3 Step breathing rhythm as it will give you time to focus on not only your breath but on the release of tension held in your body as you lift and extend. Holding your hands above your head is the first thing, so standing still...

- Step 1.** Cross your hands over one another with your thumbs and fingers on both hands being relaxed throughout the whole movement at all times
- Step 2.** On an IN breath, relax from the back of your neck and lift the palms of your hands skyward (still crossed over one another) above your head as you straighten your arms to their limit and pull your

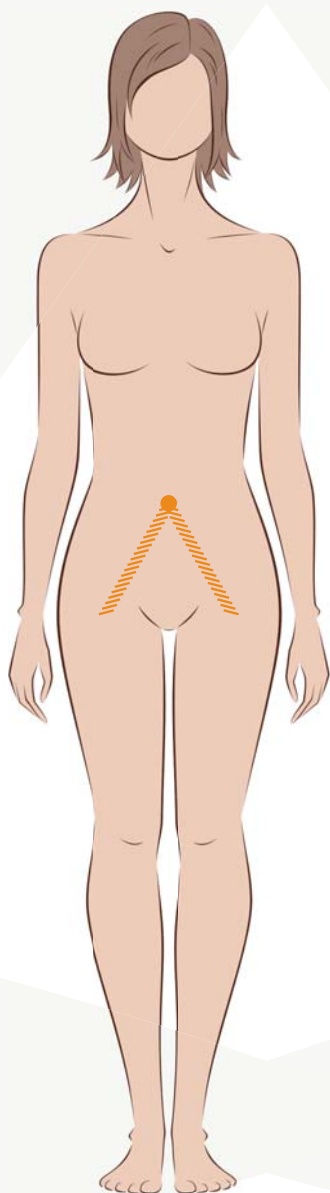
Using the 3 Step breathing rhythm and starting with the left foot

- Step 3.** On your first IN breath as your left foot lands on the earth, with your wrist still pulled back, extend your body upward by focusing on lifting the palm of your left hand up.
- Step 4.** On your second IN breath, as your right foot lands on the earth, again, lift your body up by extending the palm of your right hand straight up (wrist is still pulled back)
- Step 5.** On your OUT breath, as your left foot lands on the earth, press the heel on the left foot into the ground as you lift the palm of the left hand up allowing the body to relax and release from the torso up in this extended position as you empty your lungs of air
- Step 6.** As your right foot lands on the earth, repeat the process starting with the first IN breath as the palm of the right hand is being lifted straight up

Time for some vision building

As you can imagine, when your body is lifted you can access muscles that would normally be un-engaged so to speak. The muscle is present, its just not being potentialised. The iliopsoas muscle is a muscle group that runs from the outside of your lumbar vertebrae down to your leg. You can 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.

i see the iliopsoas as a stabilising muscle that has a similar function to the lines/ropes you run off a tent post to stabilise the post. If our body was a tent, our tent post would be our spine. Even though our models arms aren't in the Extension position, imagine your arms are extended with your hands above your head and wrists pulled back.



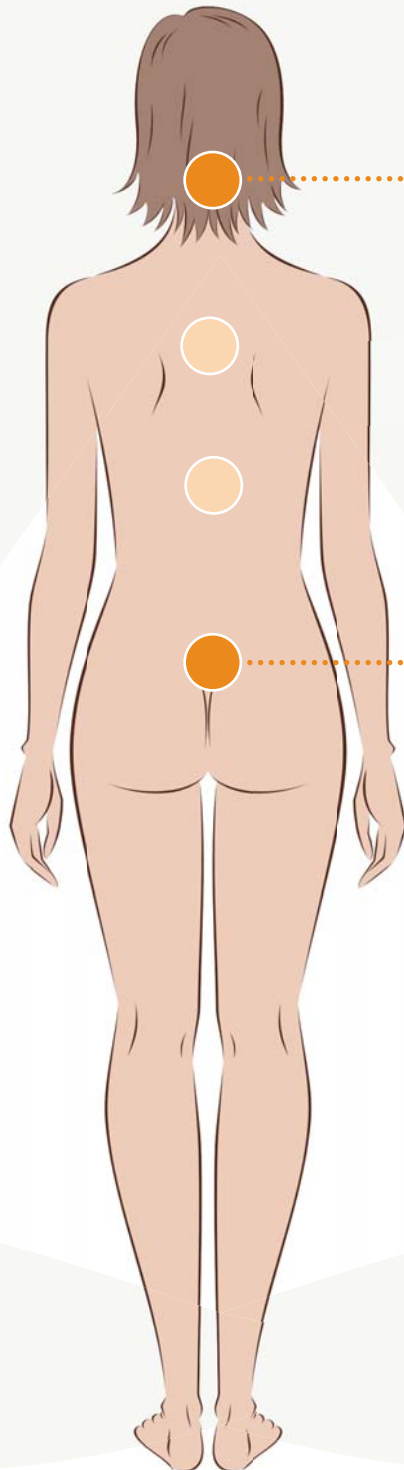
- With each step forward you take (be it an IN breath or an OUT breath), think of your upside down V shaped iliopsoas muscle also being extended from your belly button down to your legs groin crease
- NOTE... it is on your OUT breath when your foot lands that you can really feel, strengthen and direct 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

Breathing Points of the Spine

i like to use slow full breaths and the TriBreath 3 Step rhythm when i choose to receive the benefits of the Extension. Hence i would use the sacrum and mastoid process to direct the flow of energy received from my breathing upwards as you lift your spine.



● 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 of focus

There's seven actions to be conscious of with regard to the Extension and your energy flow...

1. The thumbs and fingers are relaxed with no hand holding the other. Each hand can be rested upon or rested under the other but the manner is always relaxed
2. The extension of your hands comes from your palms up
3. Keep your wrists pulled back as you relax your shoulders
4. Lift and project your inner leg/groin region upward and forward on the OUT breath
5. Little steps as you squeeze your belly in
6. Lift your head from the back of your skull
7. Remember the aim for all of the TriBreath movements is upliftment and elongation... not brute force or crystallisation!

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 do the Extension 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 particularly with the Extension. This is a big potent movement so over zealous extension when first starting is not recommended.

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