



TRI BREATH

A BODY SCULPTING
PROGRAM

A black and white photograph of a group of women. In the foreground, a woman with long dark hair is smiling broadly, showing her teeth. She is wearing a light-colored zip-up jacket over a white t-shirt. In the background, several other women are visible, some looking towards the camera and others looking slightly away. The overall mood is positive and energetic.

The Giving

Watch the video @tribreath.org

The Giving

Imagine you're standing on the edge of a high building looking down at the streets below and all you see from the street is a sea of people looking up at you.

Unfortunately, with this scenario every single man/ woman that's looking up at you is either very thirsty or *money* poor. You on the other hand are very wealthy on all levels because you have an abundance of both water & gold at your disposal from "a well of abundance" that sits before you.

Your mission if you so choose to accept it, is to either quench the peoples thirst or release them from their poverty. Either way, the Giving is a feel good exercise that is excellent for expanding your lungs & chest whilst strengthening & toning your shoulders, arms, abdomen and legs.

The vision

Imagine this *well of abundance* that stands in front of you is shaped like a bird bath with a wide brim. It's wide at the top and deep enough so there's plenty of room for you to splash around the water or gold that's held within it with your hands.

Finding the imaginary height of your bird bath is important, so...

- Bring the palms of both hands together and then let your arms drop down.
- With your arms dropped & the palms of your hands together, point your hands down so your fingers are pointing down at the ground.
- The height of your bird bath sits just below the point where the tips of your fingers end.

So if you swing your hands with your arms & legs straight, the tips of your fingers will still miss the top of your bird bath. Your hands will only get immersed in the water or gold as you bend your knees in unison with both your IN breath and your OUT breath.

The hands purpose

Always keep in mind the purpose of the hands. With your palms together and your hands at their lowest point, as your hands are lifting up out of the bath on both your IN breath & your OUT breath, you open your palms outward so as to pool the water or hold the gold (whatever you're giving) in your hands so as to then lift the water or gold out of your bird bath and onward to the people below.

For this is the purpose of the Giving :-)

The technique

Using the 3 Step breathing rhythm and with your feet parallel and more than shoulder width apart so you have a solid base in which to maintain your balance.

- Step 1.** Lift your shoulders into the Up, Back and Down position and bring the palms of your hands together.
- Step 2.** With the palms of your hands together, drop your arms down so your fingers are now pointing towards the ground.
- Step 3.** Breathing in and keeping your back straight with the curve in your lower back (lumbar vertebrae) still apparent, bend your knees so as to lower your body down (or more to the point), lower your hands down into your bird bath.
- Step 4.** When you're ready to exhale, on your OUT breath as you lift your arms up and out (in a circle shape), start to open your hands outward in your bath so as to fill your hands with water or gold as you straighten your knees and use your legs to give your arms momentum to spread the goodness out to the people below.
- Step 5.** On your following IN breath and in ONE MOVEMENT, again, bend your knees to lower your body & hands down into your bird bath to repeat your goodness shower.
- Step 6.** Repeat this movement of bending your knees; keeping your back straight with the curve in your lumbar apparent; immersing your hands into your bird bath and then out to share the goodness to the people for both IN breath's and OUT breath's.

Taking it further

Throughout the whole Giving exercise, have a go at using the momentum of your arms as they move in a "*circular motion*" to help the hands **in & out** of the bird bath action.

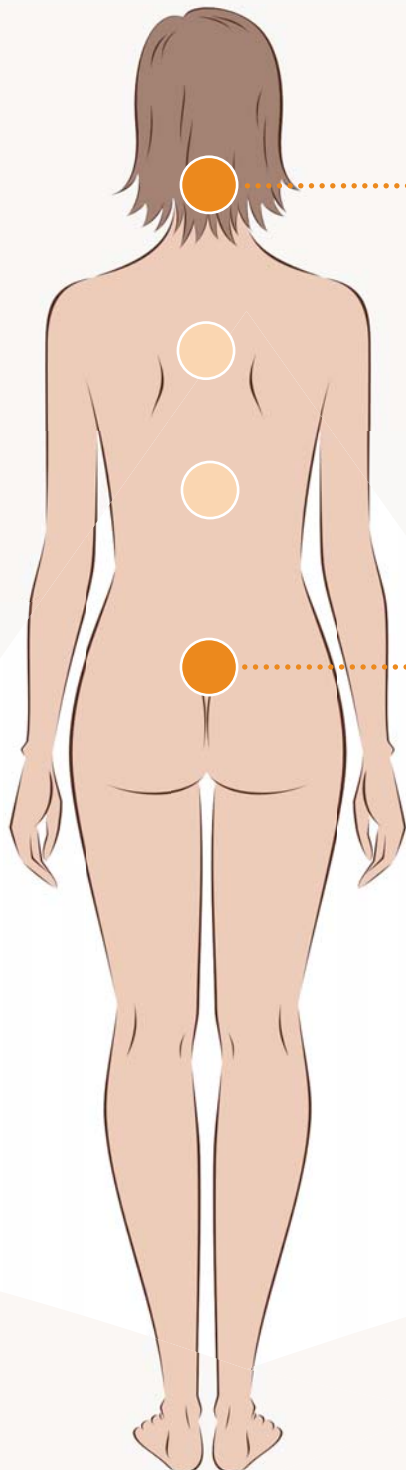
Once you get used to this circular momentum, start using the forces at play to help pull your shoulders back whilst at the same time pushing your sternum out, pulling your chin in and lifting your head up from the back of your skull.

Note: When your muscles first start to fatigue, if you increase the speed of your arms rotation, with this speed increase so too do the forces of momentum increase thereby helping you to not only focus on your hands in & out of the bird bath technique, but also on the timing your breath.

Using this momentum is a great way to focus on the emptying of your lungs on your OUT breath (exhalation) and the drawing in of air on your IN breath (inhalation) using the Little Breath Technique and Breathing Points of the Spine.

Breathing Points of the Spine

When practicing the Giving and using 3 Step breathing rhythm with it's 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 by squeezing your tummy in towards your spine on the one step. See in your mind as your abdominal muscles come in that as squeezing in thereby emptying your lungs of air.

Points to remember

- Maintain your feet in a parallel position at more than shoulder width apart so as to create a solid grounding for your upper body to move & your arms swing.
- Bend your knees.
- Keep your back straight whilst maintaining the curve in your lower back.
- As the palms of your hands come together entering your bird bath, be it an IN breath or an OUT breath, when your hands are lifted out, open your palms outward so as to help the opening of your chest & shoulders.
- Remember once you've emptied your bird bath you still have to fill it up again using the following exercise The Getting. So pace yourself until you're familiar with the Giving, the Getting & the Egyptian and your body's abilities.
- Use the Breathing Points of your Spine to lift your body up.

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 practice the Giving 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.

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.