



TRI BREATH

A BODY SCULPTING
PROGRAM

The
Leg Lift

Watch the video @tribreath.org

The Leg Lift

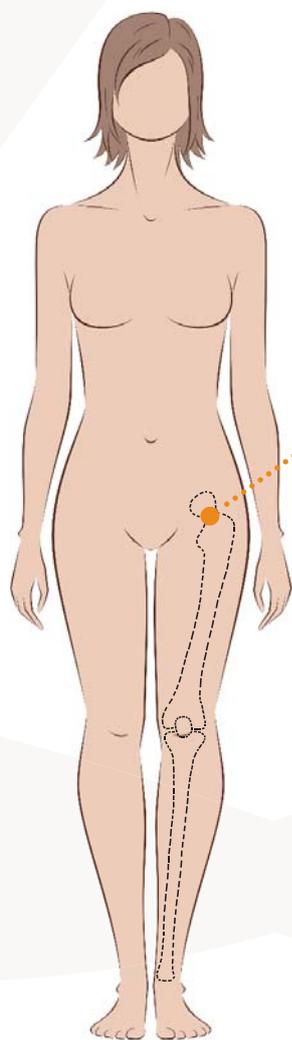
Funny thing about the Leg Lift... it isn't just about lifting your leg.

It's the lifting of your leg in a certain way to promote mobility in your leg joint. This leg joint is called the femoral joint (where your upper leg bone (femur) sits in your pelvis (hip bone)).

When you practice the Leg Lift you focus on keeping your upper thighs parallel with each other and not allowing your knees to move in towards the centre. Sounds easy and it is! The only hard bit is changing what could be well practiced thought structures of pushing your way into allowing what you want to see happen.

Increase is great so long as there's the structure to support the increase. That's why you don't use excessive muscle action to lift your knee as high as you can go. You lift your knee to match your skeletal structures limitations, but in your mind you maintain the vision your spine, hips and legs are in perfect alignment.

Bit confused? Picture this...



- Sitting on a chair, look down to where your leg joins your hip. In these creases where your legs meet your hip, place your thumb on the midway point of your left leg on this crease
- Do the same on your right hand side and you'll see your thumbs are about 300mm apart depending on the width of your hips
- Position of thumb point on left leg
- It is from these two points that you project two imaginary lines running straight out and parallel with each other
- When you lift each leg, keep your knees running in line with your two parallel lines, be it your left or right hand side knee and thigh
- To achieve the best result for your mobility and elongation, focus less on the lifting but more on the placing of your leg to open your hip joint or what is called the acetabulofemoral joint
- Once the idea of placing and feeling the restrictions in your pelvic girdle is recognised, then you add the coordination of your breath with the lifting of your knee and your elbow going back

The technique

With your shoulders in the Up, Back and Down position

- Step 1.** Lift your hands and forearms up so they're positioned at right angles to your upper arm
- Step 2.** Note the distance between your elbows
- Step 3.** With your forearms still at right angles to your upper arms, move your hands out so both your elbows and your hands are at the same distance apart
- Step 4.** From this position your forearms will be running in parallel

Once you have the positioning of your arms, this is where you bring your breath into your movement. I would recommend using the 3 Step breathing rhythm so you can maximise your breath whilst focussing on the subtle movements of your form.

With your shoulders still in the Up, Back and Down position

- Step 5.** On your OUT breath, lift your right knee up (whilst still maintaining correct form), and at the same time pull your right elbow back (whilst still maintaining the right angle placement of your forearm)
- Step 6.** On your following IN breath, as you lift your left leg (knee), at the same time pull your left elbow back
- Step 7.** With the next IN breath, lift your right leg (knee), whilst at the same time pulling your right elbow back
- Step 8.** On the OUT breath, repeat the process with your left leg (knee), at the same time pulling your left elbow back

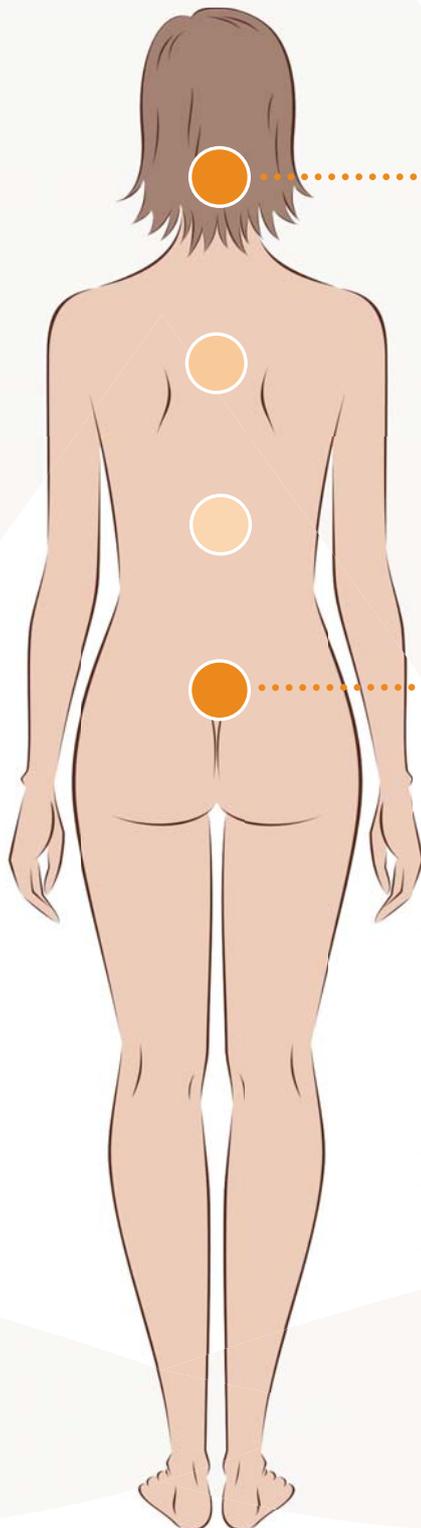
Showing correct form

If you have maintained correct form of your leg and knee, as your knee is coming up and you're looking down at your lifting knee, you won't be able to see your foot or ankle.

If when lifting your leg and you've drawn your knee in towards the centre or pushed your knee out to the side, and your foot and ankle is visible, you haven't maintained correct form.

Breathing Points of the Spine

When practicing the Leg Lift 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 into your lower lung

The OUT breath is released by squeezing your tummy in towards your spine on the one step thereby activating your abdominal muscles as you empty your lungs of air

Points to remember

- Keep your shoulders in the Up, Back and Down position
- Maintain the right angle form between your forearm and upper arm
- Only lift your knee as high as your hip joint will allow so as to maintain the distance between your knees
- Don't over exaggerate your leg lifting so your knee is drawn in towards the centre or pushed out to your side
- Squeeze your belly in on your OUT breath

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 Leg Lift 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. Any movements that involve the groin must be treated with respect.

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.