



TRI BREATH

A BODY SCULPTING  
PROGRAM

The  
**Lung  
Opener**

Watch the video @tribreath.org

# The Lung Opener

As the name implies the Lung Opener helps you open your lungs.

Not on the “how much air” you can get into your lungs level, but how you can use the air you breathe in to help your chest and ribcage release, whilst at the same time engaging your shoulder girdle as you extend your spine from the base of your skull up.

To get this chest and ribcage release, the placement of your hands is all important. As the human body is designed in a particular way, it’s true that sometimes the smallest of adjustments create the biggest change. In this case it’s keeping the palms of both hands together using the tips of the fingers (of both hands) to grip in-between the hand bones (the metacarpals) found on the back of each hand.

You’ll note i only said fingers as your thumbs are kept side-by-side and never cross over each other. The moment you allow your thumbs to cross, no matter how hard you grip your hands together using the tips of your fingers (the distal bones), the palms of your hands can and will open. It’s in the way the thumbs are designed.

Apart from that it’s the...

1. Lifting of the hands with your arms as straight as they can be... up to their furthest point.
2. Maintaining of your body in an upright position as you lift from the back of your skull.

## What about the breath?

With the Lung Opener, i always recommend you start your practice using the 7 Step breathing rhythm. As your body fatigues or the tingles in your fingers grows, drop down to the 5 Step and again when fatigue builds, drop down the 3 Step breathing rhythm. Just focus on getting the air into you but without holding tension in your chest and shoulder region.

As you breathe and focus on your arms, remember most of your arms daily movement is in the forward direction, not backward. So remember to only go the the first point where your arms stop lifting & don’t use excessive force. Focus more on relaxing your chest and shoulders.

As you relax your chest and focus on the TriBreath rhythms using the Little Breath techniques, as you fill up your lungs, imagine the small muscles in-between your rib cage are also relaxed thus promoting expansion on many levels. These muscles (the intercostal muscles) are so frequently forgotten because all we see is ribs. But these muscles in reality are very important muscles and to be well looked after and vitalised. It is from the intercostal muscles that our lung capacity depends and where the structural integrity of the entire skeletal system rests.

## The technique

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

- Step 1.** Bring your hands behind your back and firmly interlock your fingers bringing your thumbs horizontally together. Keep your elbows bent.
- Step 2.** On an IN breath, as you breathe in deeply through your nose (not focusing on any rhythm... just breathe in deeply on the one breath), lift your hands up along your spine as far as they will lift without losing any connection between the palms of your hands.
- Step 3.** On your OUT breath (which again is expressed as one powerful breath out), extend your hands outward and up thereby straightening your arms as best you can.
- Step 4.** Hold this position as you start walking using the 7 Step if possible. If your lung capacity or practice won't yet allow this, simply go down gear so to speak and use the 5 Step.
- Step 5.** Keep the hands and palms together using the very tips of your fingers to grip into the hand bones it's gripping inbetween.
- Step 6.** From there it's simply pulling your chin in & lifting your head up from the back of your skull as you maintain the Lung Opener position for as long as you can.
- Step 7.** When you finish practicing the Lung Opener, move straight into the Monkey to bring peace to your body.

## Some finer notes

### Again, with shoulders in the Up, Back and Down position and with each individual arm being held up and back...

- See an imaginary line going from your armpit right down to your thumbs.
- With your thumbs still pressed together horizontally, from your wrists point your thumbs further backward thereby increasing the length of this imaginary line. It's the same elongating technique as in the Spire. Point with your thumbs but don't lose connection between the palms of your hands.
- Also as you pull your shoulders back, pull your chin in and as your IN breaths fill up your lungs and your chest expands, lift your head up from the back of your skull.
- Give your neck muscles (in particular the sternocleidomastoid and scalene muscles) a bit of a stretch as you pull your shoulders back. Your body loves it :-)

## Points to remember

- See your three major points of contact... your left shoulder, your right shoulder and your hands working in unison to help lift your head up from the back of your skull.
- Maintain your thumb pointing behind you and palms together.
- Don't let your shoulders lift. If your shoulders lift, you minimise the outward extension of your inner arm and chest thereby causing compression of the head and neck into the shoulder region.
- If you can, always begin your practice using the 7 Step and drop down the breaths as fatigue demands.
- As you go through each breath, use the Little Breath technique for each of the three corresponding TriBreath breathing rhythms.

## BE FULL OF CARE

Start softly and proceed with no rush to get anywhere.

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