



TRI BREATH

A BODY SCULPTING
PROGRAM

The Shoulder Roll

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The Shoulder Roll

There's an old saying, "If you don't move it, you lose it".

And I believe this is true of our wings! From a vision of expansion, I see my shoulder blades as being the point from whence my wings can physically extend outward. It is from the IN breath that the expansion of my heart and chest is possible and it is from this expansion that I see my wings unfolding, ready and able to take flight. Perhaps it's quite serendipitous, but the more I focus on my wings, the more I wish to breathe, lift my body and expand.

It's in your best interests to give your shoulder blades a fair bit of attention with the reason being our shoulder blades are not structurally connected by bone. Our wing blades are held in place with muscle and tendon alone. And as with all organic matter on this planet, stuff crystallises and hardens to ultimately return to dust. The big universal joke is, you, me and anything that grows on this planet is also made up of organic matter, hence our body solidification.

This stiffening and crystallising of our muscle and tendon can greatly limit our life energy due to limited thoracic opening thereby limiting both air intake and oxygen absorption. So if your shoulder blades are bound up, so too is your ability to open your wings and take flight.

Hence the Shoulder Roll is a very useful movement to have in your kit.

Some points on positioning

The initial focal point or awareness aspect for the Shoulder Roll is the placement of your hand. It is "how" you position and move your hand and wrist that creates the circular rotation your shoulder requires to then help release your shoulder blades.

Please be advised that your imaginative faculties are required for visualisation. As the old adage states, "If you can see it, you can build it!"

Imagine there's a threaded bolt coming out from each the side of your thighs that can slide freely up and down from just above your knees up to your hip bone

From there imagine both of your hands have a hole in the middle of them. These holes (about 15mm) fit the bolts that come out of your thighs perfectly

Now imagine you get a nut (not me :-)) to secure your hand

As you place a hand over one of the bolts coming out from your thigh, fasten your hand onto your thigh so it cannot come off your thigh. From there repeat the same process with your magical spare third hand. Not too tight as your hands will be swivelling on your thigh, as they run up and down your leg

The technique

As the movement of the Shoulder Roll is quite controlled and slow, i like to use the 3 Step to really focus on getting the greatest rotation my shoulders will allow. As you focus on this rotation, breathe deeply into your sacrum and on the second breath pull the breath right up into the back of your skull. Feels great!

Step 1. On the first IN breath, start lifting one shoulder up and as the associated hand travels up your thigh, at the same time rotate the thumb and wrist of your hand forward as both your hand and shoulder move upward

Step 2. From this forward and up movement, continue to bring your shoulder to its highest point and then (still in a circular motion), as your shoulder starts moving back and down, so to does your hand start moving down your thigh, with hand and wrist rotating back

Step 3. On the second IN breath, use the same process on your other side

Step 4. On the big OUT breath, repeat the same process on the other side and so on

What you'll soon discover is the positioning and movement of your hand helps you isolate your shoulder and shoulder blade. It gives you a fulcrum point so you can leverage the lift and rotation of your shoulder thereby promoting the release of the shoulder blade from the rib cage.

Just like the pedals on a bicycle, go up and down in a circular motion, as one hand goes up, one hand goes down with the corresponding shoulder and shoulder blade following.

Some finer notes

To get even more shoulder roll...

- Focus on turning the wrist and thumb forward on your upstroke and backwards on your down stroke
- Make sure the palms of both hands only travel up and down the outside of your thighs and don't slide forward to the front of your leg
- As each hand runs up and down the outside face of each thigh, both hands never ever lose contact with your thighs. Focus on maintaining the position of both hands!

Neck mobility

Every single nerve and/or connection point that travels from your brain down to your body must first travel through your neck. Being mindful of your necks purpose and importance to your body's overall health is always beneficial. At all times, stay with your breath as your shoulder travels up and into your neck and base of skull region. Be gentle :-)

With that noted, to increase neck mobility, on each breath, slowly and GENTLY turn your head and chin towards the ascending shoulder. For example...

Step 5. On your first IN breath as one shoulder is lifted up, your head starts rotating to the same ascending shoulder bringing your chin and ear in to meet your shoulder

Step 6. As this shoulder comes down, on your second IN breath, your head rotates to the opposite side and with the shoulder that has started it's upward journey, repeat the process of chin then ear meeting the ascending shoulder at its highest point

Step 7. On the following OUT breath, your head is turning to the other side and again, repeating the process of shoulder meets ear then chin and so on

This movement of "chin then ear" as the shoulder comes up and down moves the neck in a most desirable "figure of eight" direction. And with this movement, let it be known now, that the chances are very good you'll hear and feel creaking and crunching going on inside. The neck will make noise; the shoulder blade as it moves up and down your rib cage will crunch.

Look at each vertebrae/meeting point of bone like a door. For a door to be free of noise, its hinges must be kept lubricated and free from impediments. If a hinge is not lubricated and free of impediments, it's going to make noise. Your neck is the doorway for your spinal chord. To keep this door open, one must keep your body hydrated, oxygenated, nourished and moving.

When you're out walking

The Shoulder Roll is a great movement to experience when you're out enjoying a walk with the timing (using your right leg as your leading leg) being...

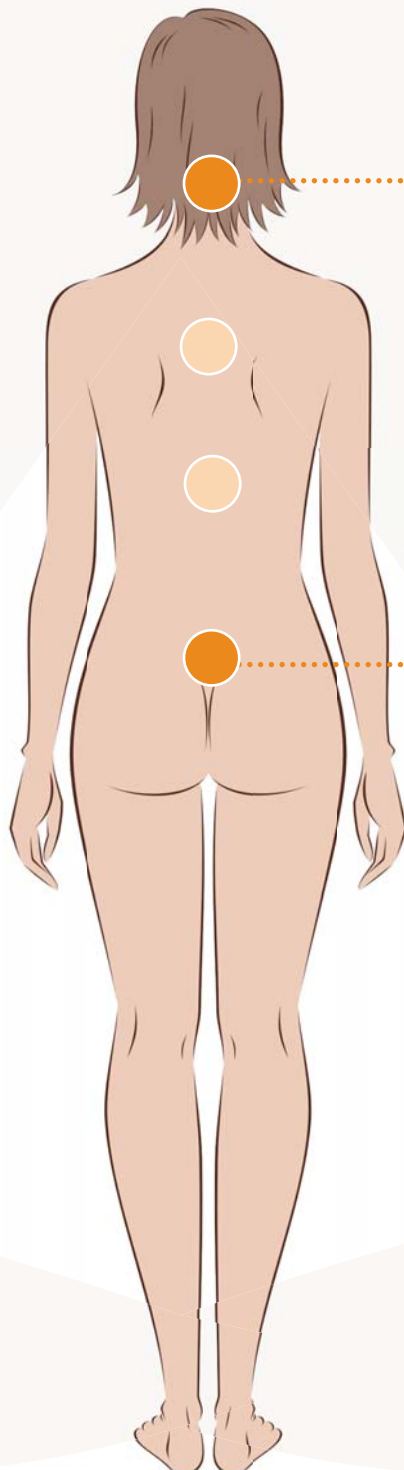
Step 8. On your 1st IN breath as your right foot lands on the earth, your right shoulder has started moving forward and up

Step 9. On your 2nd IN breath as your left foot lands on the earth, your right shoulder has started moving downwards & your left shoulder is starting its movement forward & up

Step 10. On your OUT breath as your right foot lands on the earth, your left shoulder is moving downwards and your right shoulder has started its movement forward and up

Breathing Points of the Spine

Like i said, i like to use the TriBreath 3 Step rhythm with a slow full breath when i'm practicing the Shoulder Roll. Hence i would use the sacrum and mastoid process to direct the flow of energy received from my breathing upwards like a big arrow 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 to remember

- See your wrist and thumb going forwards and backwards as your hand pivots on the imaginary bolt that comes out of your thigh as it runs up and down your thigh
- Don't let the palm of your hand come off the side of your thigh at anytime whilst doing the Shoulder Roll. Keep your connection!
- Focus on maintaining both of your hands to the outside of your thigh. Don't let your hand creep towards the middle of your leg.
- Up and down the outside of your thigh only!

The little breath tip

Just like the ocean tides come in and go out gradually, same principle with your breathing in and breathing out. When practicing the Shoulder Roll and using the 3 Step rhythm, 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 thought to push the body beyond what is familiar until you familiarise your muscles with this action. Over extending and rotating of your neck prematurely is not in your best interests. There's not many movements in our everyday life that mimic the muscular actions of the Shoulder Roll, hence over zealous enthusiasm 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.