



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 Spire

Watch the video @tribreath.org

The Spire

If you have a wish to change the shape of your belly and reintroduce the forces of extension and elongation to your body, you're in luck. To be in Spire mode is to be lifted. There aren't many movements that are so well directed towards reversing the compressive effects of gravity and flattening the tummy as with the Spire.

There are quite a few aspects to bring into your technique (over the months if not years) with regard to the Spire. The two biggy's are your hands and feet.

With your hands it's the pointing of your thumbs skyward as you hold the palms of your hands together in a gentle, relaxed manner. Of course there's the added extension of your iliopsoas muscle (a stabilising muscle of your lower spine) when each foot lands on your OUT breath, but mostly it's all in your hands.

As for your feet, it's the little steps. And when I say little steps I'm talking about almost 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. From your feet up to the top of your finger tips!

The Spire is a really nice movement.

The technique

For this example I'll be using the 3 Step

- Step 1.** Starting position is with your hands held in prayer position (palms of your hands are gently pressed together)
- Step 2.** With your hands in this prayer position, on an IN breath, lift both hands directly above your head with your wrists slightly kinked forward so your thumbs are vertical
- Step 3.** On the start the start of an OUT breath, as either foot moves forward, lift both of your hands up 20mm
- Step 4.** Then on the following IN breath, as your opposite foot moves forward, again lift both hands up another 15mm
- Step 5.** On your second IN breath, again as your opposite foot moves forward, lift both hands up another 10mm

Step 6. On the OUT breath, keep the position and height of your hands but relax your neck and back muscles as you see the diamond shape of your trapezius muscle extending outward and upward

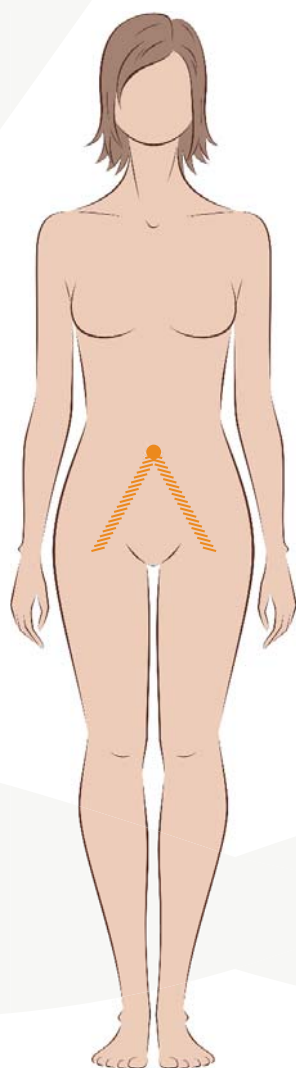
Step 7. Continue this lifting of hands with palms together in smaller and smaller increments. The smaller increments you lift your hands up the better

Step 8. Remember to keep your wrists slightly kinked forward so your thumbs are literally pointing skyward and vertical

When your hands (with palms together) are elevated as high as your arms and body will allow, if you look down at your belly you'll see an amazing difference. As your arms and hands go up, your belly has gone inward! Where dat belly be!

Once you see what's happening this is where we utilise your abdominal muscles and one of my favourite muscles in the body... the iliopsoas muscle.

Time for some vision building



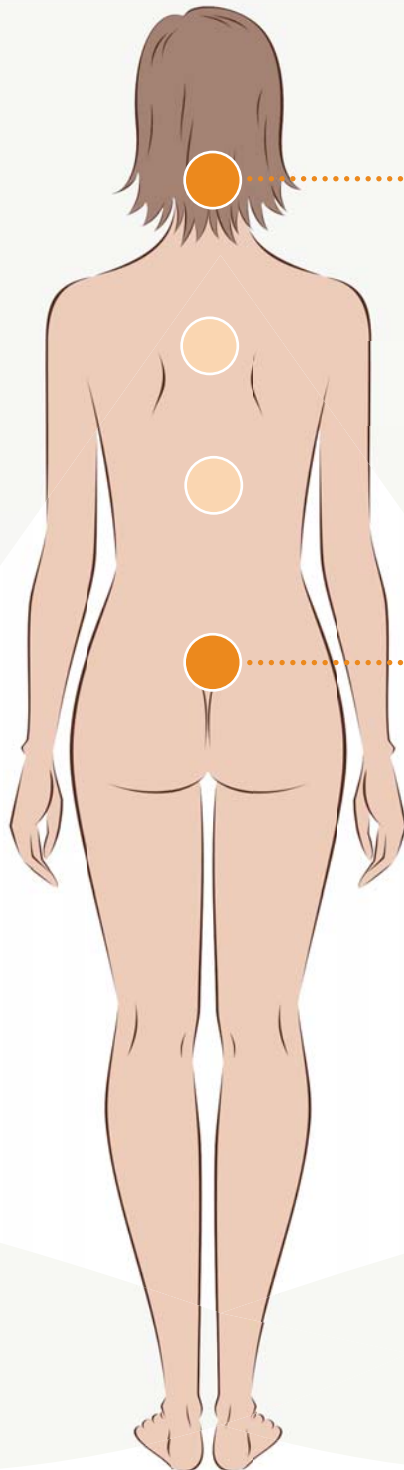
The iliopsoas is a muscle group that runs from the outside of your lumbar vertebrae down to your leg. You can look at the iliopsoas muscle as an upside down V shaped muscle that starts around your belly button and spreads outward and down to your groin crease.

Even though our models arms aren't in the Spire position, imagine your arms are extended upward as far as they go with thumbs pointing skyward

- 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 Spire. 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

So there's six actions to be conscious of on your OUT breath with regard to the Spire and your energy flow...

1. The extension of your hands upward with thumbs pointing skyward
2. Maintaining a relaxed disposition of your arm and hand muscles
3. Squeezing your belly in
4. Lifting your head from the back of your skull and
5. Lifting and projecting your inner leg/groin region upward and forward
6. Little steps

Remember the aim for all of the TriBreath movements is extension 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 Spire 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 Spire. 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.