



TRI BREATH

A BODY SCULPTING
PROGRAM

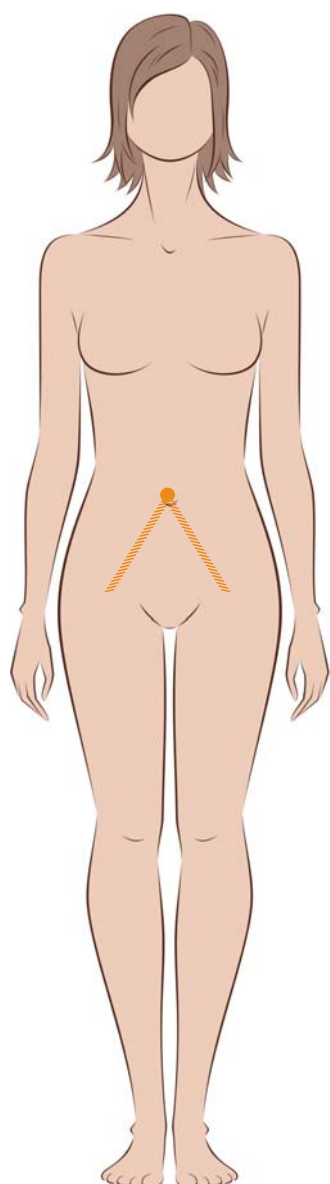
The Vacuum

Watch the video @tribreath.org

The Vacuum - Diaphragm

Not everybody will know what the iliopsoas muscles are, though chances are that at some stage of your life you will feel the effects of this muscle groups inflammation.

Pressed in-between the major back and abdominal muscles, the iliopsoas is literally a triangular shaped muscle group, whose main function is to support & balance your upper body's torso with your lower.



With the iliopsoas muscle group being what i call “lower triangler stabilisers”, and based on decades of treating experience, inflammation in this region is by far the greatest cause of pain that is felt in the lower back i have found. When discomfort is felt in the middle back, lower back, hips & inner thigh (the adductor muscles), pain can be greatly relieved by concentrating the healing effort on the stomach area (the abdominal muscles), in particular the iliopsoas muscles, both minor & major.

As for positioning, the three major points of connection sit...

- As an upside down “V” shaped muscle whose top point starts from around the middle of the lower abdomen area (in and around the belly button).
- And the two base points spreading out and heading down either side of your torso to where your legs & hips meet at the front groin crease.

How you hold your body when practicing the Vacuum matters a lot. The stronger your base the better! That is...

- Your feet are held wide and firmly earthed.
- Your knees are bent.
- Each hand grasps the lower thigh & upper knee area with the thumb & index finger spread wide so your hands wrap around each of your legs.
- Looking down at your tibia (your shinbone); from your hand & forearm leading right up to your shoulder, position your arm so that it runs horizontally & in-line with your lower leg, the shinbone.

With regard to your breath, the Vacuum uses your exhalation (the OUT breath) as the focal point of attention, but this time, and quite the opposite to [Give Us A Kiss](#), you fully expel ALL the air held in your lungs out very quickly. At no stage once you've expelled all the air from your lungs and you're engaged in the Vacuum do you take a breath in.

Improving digestion

The Vacuum if practiced regularly, not only helps ease lower back pain, but elimination is greatly improved thereby improving overall digestion. As the abdominal organs are massaged and stimulated, excretion of digestive waste is improved thereby promoting benefit within and upon all of the digestive processes. If the processes of digestion can be improved, so too will your metabolic rate follow suit helping give your skin a lustrous shine.

Extra note: To further extend the iliopsoas muscle whilst engaged in the Vacuum, if your strength permits it, practice this stretch while hanging from your knees on a chin-up bar. The extra extension of your abdomen muscles from your hip girdle helps re-align how the ball of your leg bone sits within your hip socket.

To master this exercise it is imperative you gain control of diaphragmatic breathing. This may take a little bit of practice as most of us have been conditioned to suck the stomach in when we breathe in. The best way for the body is actually the opposite. If you need proof that this is a conditioned practiced, look at the breathing technique of babies:

**As a baby breathes in, babies bellies inflate,
As a baby breathes out, babies bellies deflate.**

What is the diaphragm?

The diaphragm is a thin muscle that separates the chest region from the abdominal region. And contrary to popular belief, the diaphragm is the main muscle your body uses for breathing, not the lungs (the lungs being an organ of respiration).

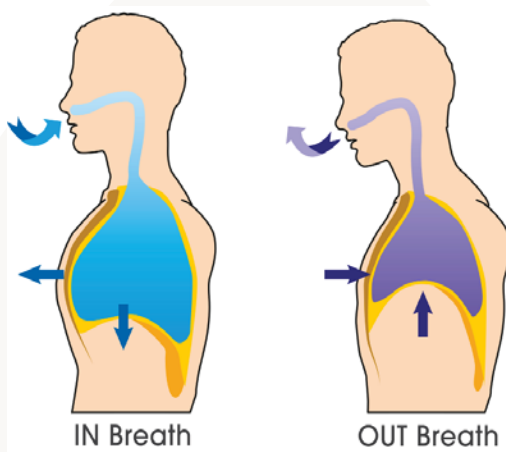
When the diaphragm moves downward, it allows the lungs to expand and draw air into the body. When the diaphragm moves up, it assists in forcing air out of the lungs.

These two functions...

1. The extension of your abdomen outwardly allowing for air to be drawn into your lungs.
2. And the drawing in of your abdomen thereby forcing the evacuation of stale air from your lungs.

If utilised, help promote abdominal strength which is an absolute necessity if you would like to supply your body with the life-giving properties that oxygen delivers.

How does your diaphragm work?



When we breathe in, the intercostal muscles (the muscles in-between the ribs) raise the ribs and cause the diaphragm to lower.

This is what causes the tummy region to expand and the whole thoracic cavity to enlarge from side-to-side, from back-to-front and from below upwards.

When we exhale, the reverse process occurs and the relaxation of the ribs returns the diaphragm to its original curved position.

The technique

The Vacuum is in the Advanced category for good reason. Yet like everything that's unfamiliar to us, once you know what you're doing it's easy. With that said, the biggest hurdle I've seen people have to deal with when first introduced to the Vacuum is...

Firstly... Diaphragm control.

Secondly... Due to most humans tummies having a tendency to grow in diameter once they get over a certain age, as you can imagine, if you cannot see your tummy moving inwards it can be difficult to ascertain exactly what is happening down below.

Hence the first aspect is diaphragm control. Once you have access to the muscles involved in the engagement of your diaphragm, all is just a matter of course.

So with your feet placed wider than shoulder width apart & square with each other

Step 1. Rest your finger tips on your belly just above your belly button.

Step 2. Breathing in through your nose (*and in through your nose only*), at the same time as you fill your lungs from your belly up, gently pull your shoulders back.

Step 3. As you fill your belly up & breathe into your abdomen, push your stomach muscles out.

Step 4. When your body is full of air, in one quick movement, empty your lungs of air by squeezing your belly in and exhaling powerfully out through your nose or mouth. Obviously if breathing out quickly through your nose is not a possibility at this stage, breathe out through your mouth.

- Step 5.** Repeat the process of Step 2, 3 and 4 three times in quick repetition.
- Step 6.** On your fourth cycle of breathing into your belly, on your exhalation and at the same time, breathe out through your mouth to FULLY empty your lungs and PUSH YOUR BELLY OUT as far as it will push out.
- Step 7.** With your belly pushed out and your lungs empty, without drawing any breath in, at the same time bend your knees as you reach down with your hands to support your upper body (your hands resting on your upper thigh & knee region), SUCK YOUR BELLY IN as far it will go WITHOUT BREATHING ANY AIR IN!
- Step 8.** Hold this position for as long as you can as you focus on maintaining & introducing your lumbar curve as you lift your lower abdominal muscles inward & up. Pull your shoulders back & lift your head up from the back of your skull as you pull your chin in.
- Step 9.** When your body's requirements for air become very apparent and you cannot hold this position any longer, BREATHING IN THROUGH YOUR NOSE ONLY and at the same time, release your belly and allow your body to again stand upright.

Repeat the process from the beginning as many times as you feel your ability allows.

Note: When you first practice this, there may be a tendency to draw in air through your nose and mouth as you suck in your belly. To remedy this until you become practiced, it can be beneficial to clench your mouth shut and close your nostrils with your fingers. Sounds weird, but there's method behind the madness. Slightly bending forward can help with mastering this technique.

Further note: This stretch is best done when the stomach is not full of food or liquid. So it's best practiced a few times a day in-between your meals.

How do i know if my lungs have been emptied?

To gauge if you have fully emptied your lungs after you've completed your exhalation, when you need to breathe in, if you can breathe in through your mouth (*not that we wish to breathe in through the mouth*), you haven't reached the point where your lungs were emptied all the way.

When you fully empty your lungs and your belly is squeezed in as far as it will go, your body will instantly direct your inhalation to nasal breathing.

Points to remember

- Maintain a solid connection of your feet to the earth.
- Soften your knees.
- Breathe IN through your NOSE ONLY.
- Breathe OUT through your MOUTH ONLY.
- Exhale in one quick exhalation out through your mouth to empty your lungs as far as you can empty them.
- Maintain your shoulders back as you lift from the back of your skull & pull your chin in.
- Keep the line between your shinbone, forearm and upper arm straight.
- Maintain the curve in your lower back.
- When you're ready to breathe in, breath in through your NOSE ONLY!

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.