



TRI BREATH

A BODY SCULPTING
PROGRAM

The Waiter

Watch the video @tribreath.org

The Waiter

A movement to help strengthen your wings

As the wording, “strengthening your wings” implies, the positioning of the Waiter is beneficial for the opening up of your chest; the lifting of your upper thoracic spine (thereby stabilising and strengthening your heart and chest muscles); flattening your tummy and creating space in and around your throat region.

Yet the benefits don’t stop there as the Waiter also helps maintain dexterity in your fingers as it detangles your forearms and promotes fluidity in your wrists.

As with all the TriBreath movements, there’s a corresponding vision. With the Waiter, imagine your hands are each supporting a tray and on each of those trays are 12 crystal glasses full of the most delicious liquid imaginable. The idea is to spill not one drop of the liquid nor let any of the crystal glasses slide off the tray and break.

To achieve this, focus on keeping your shoulders in the Up, Back and Down position with the palms of your hands outstretched and horizontal. With your fingers spread wide you’ll also be pulling your thumbs back so they’re pointing in the direction behind you.

This action will help push your elbows and chest forward thereby pulling your shoulders back.

The technique

On an IN breath, lift your shoulders into the Up, Back and Down position

- Step 1.** On your OUT breath (with your thumbs pointing backwards and your palms horizontal as they support the tray), extend your hands out to the side and back
- Step 2.** As your hands are supporting a heavy tray, open your fingers out WIDE. Create as much space as possible between each finger
- Step 3.** Feel the kink in the elbow and only go as far as the kink. Don’t force the restrictions you may feel in and around your elbow. Remember the idea is to use the breath to move through this kink in the tenth’s of millimetres (even smaller) at a time
- Step 4.** Keep your hands open and thumbs pointing backwards
- Step 5.** Extend your neck as you lift from the back of your skull

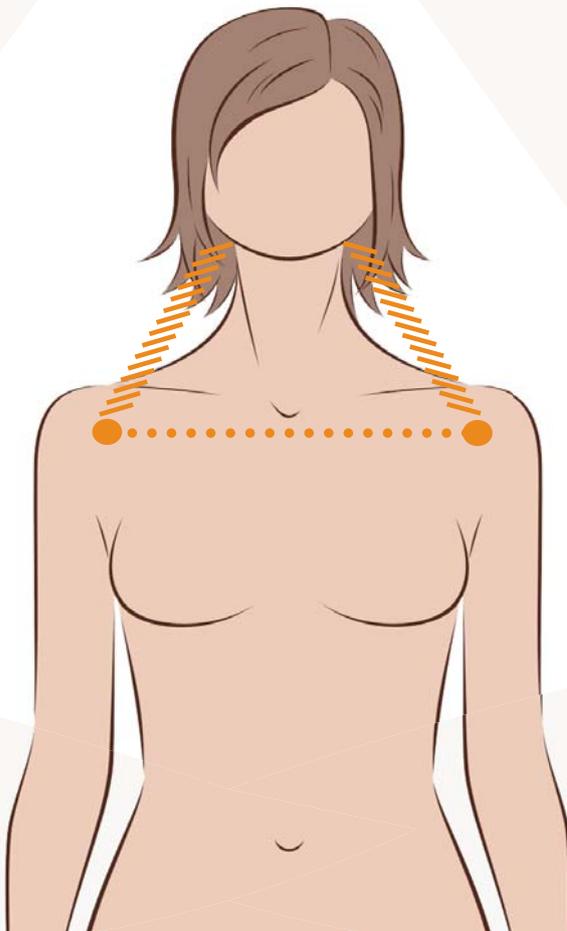
Triangles of Force

TriBreath's foundation is based around the Science of Triangles. There are so many triangles of force that operate within and upon the human body that one is just in awe of the brilliance in the design. It's so beautiful... it's so geometrically pure.

As such, we can benefit greatly by implimenting these triangles into our practice so not only our body is balanced but our mindful energy distribution is also balanced.

- The base of one such triangle of force that can be used whilst practicing the Waiter can be found on the front of the shoulder (deltoid) muscles, with the top point of the triangle sitting at the back of the skull (the mastoid process)... the "Gates of Consciousness".
- With your shoulders in the Up, Back and Down position and the palms of your open hands held horizontal so your thumbs are pointing directly behind you...

 ... lift from the back of your skull

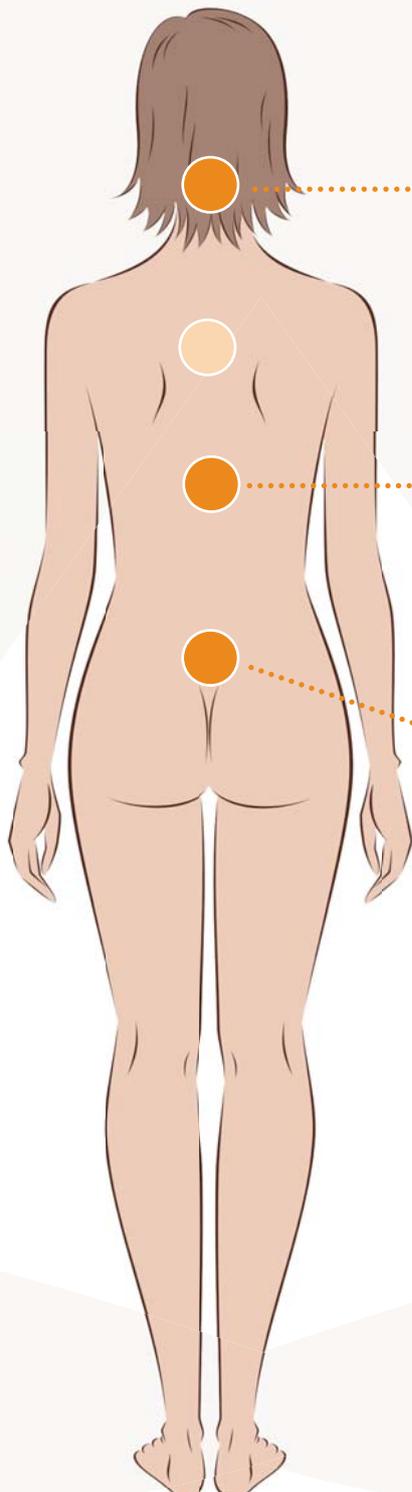


On the IN breath, pull these shoulder points back and at the same time, pull your chin in as you lift your head up from the back of your skull

Your goal is to maintain the open shoulders with your sternum projected forward as you lift your head up and out of your shoulder girdle as you gently extend your open hands outward

Breathing Points of the Spine

Using the 5 Step practicing the Waiter, utilise the sacrum and mastoid process to direct the flow of energy received from your breathing upwards like an arrow



● The 3rd IN breath is drawn up to the base of your skull (the mastoid process), activating the chest and upper lung.

● The 2nd IN breath is drawn up to where the bottom of your ribs (meet at the base of your trapezius muscle). This action will help activate your solar plexus region and help fill your lungs from the bottom up

● 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 1st OUT breath is felt around your tummy by gently squeezing your tummy in towards your spine

The 2nd OUT breath is fully pulling your tummy in towards your spine thereby emptying your lungs of air

Points to remember

- Keep your shoulders are Up, Back and Down and the palms of your hands horizontal
- Spread your fingers wide
- Don't let your fingers close in and your thumbs rotate forward
- On the OUT breath squeeze your belly in
- Imagine yourself being lifted with every IN breath, getting taller

When you've finished, on an OUT breath, gently bring your elbows into the side of the body as you roll your hands around whilst staying with your breath. From the Waiter, have a go at moving straight into the Shoulder Roll to help bring peace to your body.

The little breath tip

To help fill your lungs with air gradually, the little breath bigger breath technique works a treat. Using the 5 Step, with your IN breath's think...

- 1st IN breath little breath
- 2nd IN breath big breath
- 3rd IN breath biggest breath

and then when your exhalation (the OUT breath) begins think...

- 1st OUT breath little breath out
- 2nd OUT breath being the 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.

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