



TRIBREATH

A BODY SCULPTING
PROGRAM

The Washer

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The Washer

There's an old adage that states, "It's not what you eat; it's what you absorb!"

As absorption is a process of digestion, and with digestion being all about liquidity and movement, it's no wonder why blockages (constipation) in the gastrointestinal tract are of such a detriment to the health of your body.

And whilst we're reflecting upon adages of old, for a millennium it's also been quoted throughout the Halls of Healing that, "Death begins in the colon!" Hence why people for a millennium have developed the culinary skills necessary for the preparation and cultivation of fermented foods, thus helping to supply and support good bacterium in the gut.

Foods rich in pre-biotics and pro-biotics are beneficial to your body's health. As it's the nature of bacterium to move, it is this movement that as a direct result, helps keep your intestines healthy. Healthy gastrointestinal tract... healthy you!

Hence movements that twist, compress, extend & move your abdominal region can be beneficial for gut health. Which leads us onto a movement called The Washer.

A good vibe movement

The Washer is a great movement for anytime but particularly good for stimulating your digestive system when you first awaken in the morning. As with all the TriBreath movements, so long as your actions are soft & gentle, both your muscular and skeletal system (in particular your spine and hip flexors) will appreciate the movement.

Used in between the other more physical TriBreath movements (when you feel as though your arms, shoulders and legs would appreciate a rest or just the release of tension), the Washer is also well received.

i like experiencing the Washer whilst cleansing and energising my body in the sun's rays. With the breeze wisping across my cheeks it's a lovely feeling.

As for rhythms, my favourite TriBreath rhythm for The Washer is the 3 Step.

With that said you can use all three of the TriBreath rhythm's, but most of us find that with the added twisting of the diaphragm, the ability for us to prolong our inhalation can be somewhat compromised. Just remember the trick to the Washer, is to fully relax your arms and shoulders. It is the movement of your lower torso that moves and vitalises the upper.

The technique

Positioning of your feet is a big one with the Washer. Understand our bodies work better squared up. That is the shoulders sit the same height. Each shoulder runs horizontal with the other.

Understand our bodies work better squared up. That is the shoulders are designed to sit at the same height with each shoulder running horizontally with the other.

While standing, our spines are designed to sit vertically in a straight line heading upwards. With the spine resting vertically and the shoulders sitting horizontally, both sit at right angles to each other. Same thing goes with your pelvis and all the way down to your feet.

Hence the way you position your feet matters.

Connect with the soles of your feet first

- Step 1.** In the first instance, breathing in gently through your nose, focus your attention down to the heels of your feet, then move your awareness up to the ball of your big toe
- Step 2.** Once you've recognised the connection (you can feel the weight of your body being supported by your heel and big toe on both sides) bring your focus out to the outside and underside of your little toe
- Step 3.** If you have that in your mind, you've just built a mental connection and earthed/grounded three big power points located on the soles of your feet

Once you're solid in your grounding...

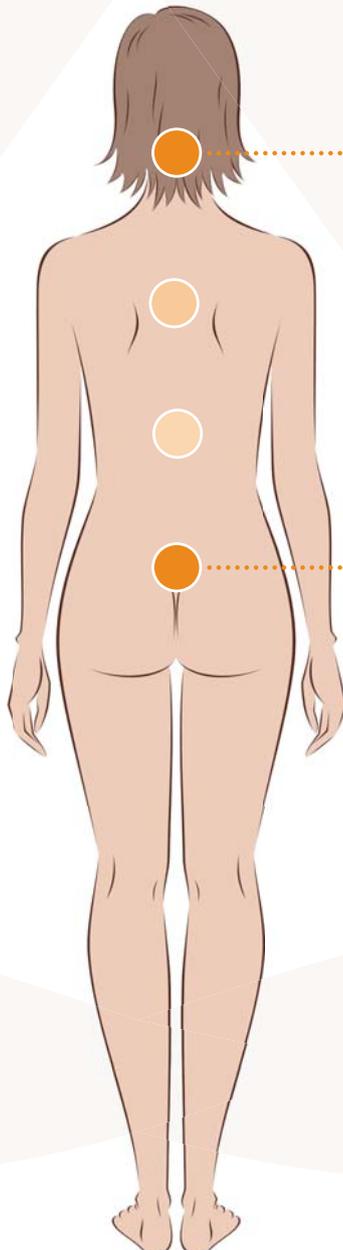
- Step 4.** On an IN breath, rotate your pelvis to one side, keeping your arms and shoulders relaxed, and as you rotate your pelvis, turn your head to the same side to look over your shoulder
- Step 5.** On your second IN breath, rotate your pelvis to the other side, again keeping your arms and shoulders relaxed, and turn your head so you're now looking over your opposite shoulder
- Step 6.** On your following OUT breath, again, rotate your pelvis to your opposite side as you release all the air from your lungs, and again, following with your head, look over the shoulder you started with
- Step 7.** On the following IN breath, with your body flowing in a groove of right left right, left right left and so on, repeat the process

On a side note... it's not uncommon that people hear small crunching and cracking sounds going on inside their knees, shins and ankles. If this is you, as always... be gentle. On a mechanical level, i picture the knees a bit like a hinge. If a hinge gets locked up, even with gentle swinging movements to free up the hinge you can expect a little noise in the workings.

As with any engagement on this planet, make sure your actions and the twisting of your torso starts with small movements and (over time with practice), work your way up to greater rotation.

Breathing Points of the Spine

Using the Tribreath 3 Step rhythm to receive the benefits of The Washer, i would use the sacrum and mastoid process to direct the flow of energy received from my breathing upwards.



● 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

- Let the arms be free, soft and relaxed
- Let the twisting from your torso move your arms from side to side
- Rotate from your feet up so as your pelvis rotates, the bottom of your shin bone right up to the outside of your knee will also experience the rotation
- Follow with your head looking over each shoulder with your eyes (in the way you're twisting) as your arms go from side-to-side

The action of twisting from your foot up will help loosen and vitalise your shin muscles (tibialis anterior). I call tibialis anterior the shock absorbers of the body... if you've lost the spring in your step look no further tibialis anterior. It's from your shins where you get your bounce.

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 Washer 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

Anyone who feels they may have a sensitive abdominal region or in the extreme an inflamed gastrointestinal tract, please Be Gentle. Start softly and focus more on the breathing on not on moving the body. On every breath... relax your arms, relax your shoulders. Think lift from the back of my skull as I breathe and relax 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.