



TRI BREATH

A BODY SCULPTING  
PROGRAM

# Wasn't Me Sir

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# Wasn't Me Sir

A movement to improve posture that's easily integrated into your daily walk

The forces that are activated when your body is placed into the Wasn't Me Sir position supports, flattens and strengthens the abdominal muscles in such a way that it literally lifts your chest cavity up and clears a path for your head to be lifted.

It's one of those special movements to practice regularly.

As you may be experiencing, aging is a bit like the body returning to a crystallised state – to the mineral kingdom. The body ceases to expand and starts its inward journey towards crystallisation or what is called in today's world... calcification. The structure literally collapses in on itself and this inward journey is universal.

It's one of the big Laws, "Harmony through destruction." Even rock returns to dust!

And you can see the start of this inward journey in the people you see and meet each day. Billions of us with shoulders that are rotating forward; spines that are curved and bent forwards to the ground with heads slumped and eyes looking down.

To say the only thing that can lift you out of the ashes is you is true. And it's the lightness of your breath as you use your body as the bellow that can reverse if not slow down these forces of restriction and contraction.

So to the beginning we must return and the first rule of MORE. To get more breath in one must first make room for more breath to get in. And that's where Wasn't Me Sir can be of service.

## What about the breath

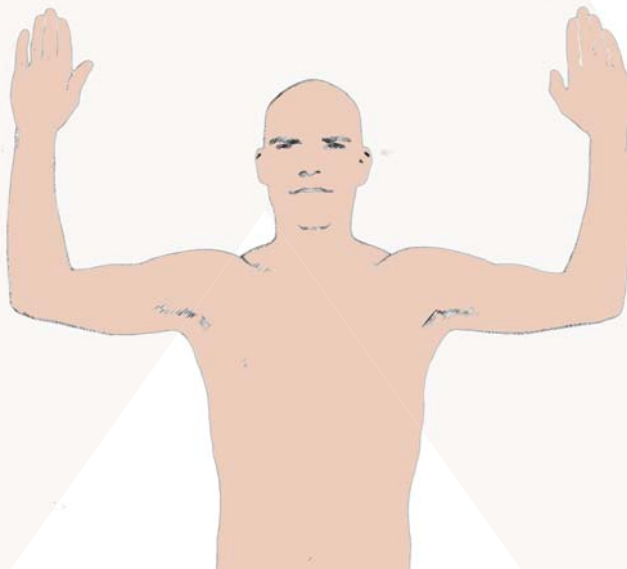
Which of the three TriBreath rhythms to employ can change from day to day, as each breath with its different use of the spines breathing points and alternating exhalations will always provide different opportunities. Whatever breath you choose...

- Use the little breath bigger breath technique
- On each IN breath and OUT breath focus on moving your sternum out from your chest and your head being lifted out of your shoulders from the back of your skull

## The technique

The trick to getting the best out of Wasn't Me Sir is maintaining your forearm and upper arm at right angles to each other, and your fingers, hands and wrist being placed directly above your elbow in a vertical line.

So with shoulders Up, Back and Down



**Step 1.** Lift your elbows out directly to your side so each elbow is horizontal with your shoulders

**Step 2.** Adjust your forearms so both forearms are sitting at a 90 degree angle (right angles) to your upper arm and in one clean movement (using your elbow as a pivot point), lift both hands up so they're now positioned vertically above your elbows in a straight line with your fingers also straight and extended

**So looking to either side...**

**Step 3.** Your elbows are horizontal with your shoulder

**Step 4.** Your fingers, wrist and forearms are at 90 degrees angles to your upper arm whilst sitting in a vertical position

**Step 5.** Your fingers, wrist and forearm are pointing skyward

**Once you're in this position, from there...**

**Step 6.** Pull your chin in and up into your neck as you lift your head up from the back of your skull

**Step 7.** Use this as an opportunity to breathe deeply into the back of your skull as you relax your shoulder muscles allowing those "Gates of Consciousness" to open

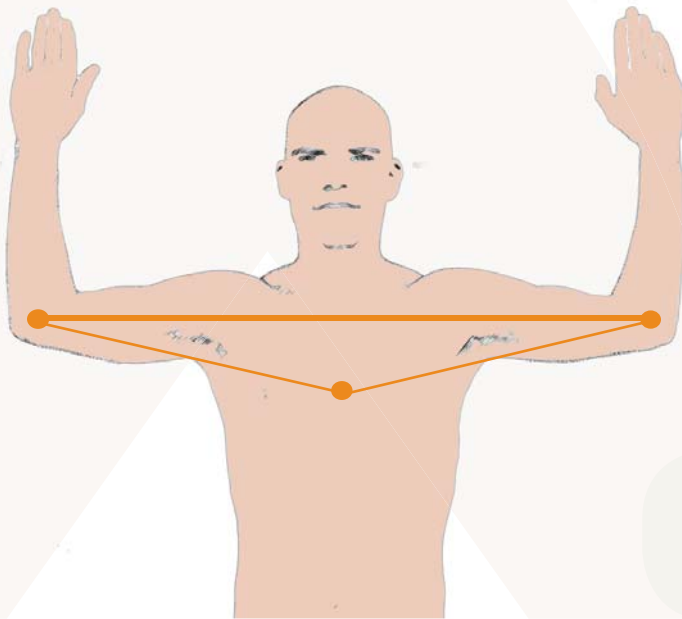
**Step 8.** Your fingers, wrist and forearm are pointing skyward

When you've finished, on an OUT breath, gently bring your elbows into the side of the body, roll your hands around whilst maintaining the connection to breath and breathing rhythm.

Have a go moving from Wasn't Me Sir straight into Scissors by simply moving your hands, wrists and forearms from the vertical position to running horizontally with your shoulders.

## Triangles of force

To help you consciously use your mental apparatus to shape and rebuild your body, it can be very helpful to visualise. See the two points located on the inside tip of your elbow right where the crease of your forearm and upper arm meet as being the base or the platform for your triangle.



Recognise these two points on the inside of both elbows as your base

See the point located right in the middle of your sternum (your breast bone) as being the top point of your triangle

When your arms are in position (that being your upper arm is horizontal with your shoulders and your hand, wrist and forearm in a vertical line directly above your elbow), as you lift your skull up on an IN breath...

- Pull your elbows back whilst maintaining the vertical position of your elbows and hands and push your sternum out

See the triangle's top point project forward from your back out and create as much distance from your elbows to the back of your skull using your IN breath to expand your body outwardly.

**And that's it apart from visualising the flow of your breath up your spine.**

If you're practicing Wasn't Me Sir when you're walking, walk as though your feet barely touch the earth. Walk with softness of foot and from that feeling of lightness, fill your chest up with life-giving oxygen and lift yourself just like a balloon.

## Points to remember

- Keep your shoulders in the Up, Back and Down position
- Keep your upper arms horizontal with your shoulders
- Keep the hands, wrists and forearms vertical
- Imagine yourself being lifted with every IN breath, getting taller
- On the OUT breath squeeze your belly in

## The little breath tip

Just like the ocean tides come in and go out gradually, same principle with your breathing in and breathing out. If i were using the 7 Step rhythm when i do Wasn't Me Sir, i would direct my IN breath's like this...

- 1st IN breath little breath
- 2nd IN breath bigger breath
- 3rd IN breath big breath
- 4th IN breath biggest breath

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

- 1st OUT breath little breath out
- 2nd OUT breath bigger breath out
- 3rd 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.