



TRI BREATH

A BODY SCULPTING
PROGRAM

Bellow Breath

Watch the video @tribreath.org

Bellow Breath - 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).

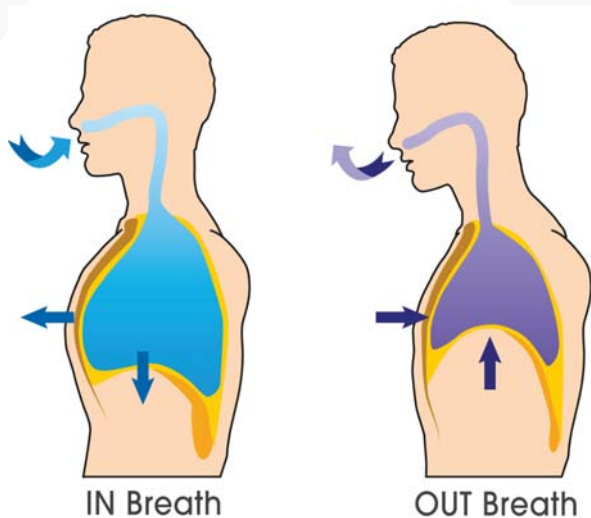
When the diaphragm moves downward, it allows the lungs to expand and draw air into the body. When the diaphragm moves up, it assists in forcing air out of the lungs.

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.

By visually imagining this process occurring and (most importantly) putting this knowledge into action, you can greatly improve your aerobic fitness and ultimately get better results when you exercise. Consciously pulling the air down into the diaphragm and consciously pushing the air out (with the help of the abdominal muscles) on your exhalation, literally helps stir-up the stationary air that is held at the bottom of the lungs (stale air) and replace it with fresh air.

The technique

With your feet at shoulder width apart and square with each other

Step 1. Breathing in through your nose (*and nose only*) on both your IN breath & your OUT breath, with the tips of your fingers, isolate the movement of your diaphragm.

Step 2. As you breathe in & out, when you're ready, focus ALL your attention on your OUT breath and again, breathe out through your NOSE ONLY.

Step 3. With every OUT breath you take, squeeze your tummy IN to help force the air OUT.

Step 4. Focus ALL your attention on your OUT breath only.

Step 5. With every breath you take, relax your neck from the back of your skull.

Note... On your IN breath, if you consciously join the "downward" movement of your diaphragm to the lifting up from the back of your skull (relax your neck), a greater muscular force can be harnessed on the exhalation thereby making the way for increased lung capacity.

This sort of breathing practice is one of the great beauty's of TriBreath. Harnessing this implosive and explosive energy stirs the energy pot so to say, and gives the body a greater ability to breathe in oxygen-rich fresh air.

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.

Points to remember

- Maintain a solid connection of your feet to the earth.
- Soften your knees.
- Breathe IN & OUT through your NOSE ONLY.