



TRI BREATH

A BODY SCULPTING
PROGRAM

A black and white photograph of a smiling woman in the foreground, with other people blurred in the background. The woman has long dark hair and is wearing a light-colored top. The background shows several other people, mostly women, in a group setting. The image is partially obscured by a curved orange border at the top and bottom.

The Egyptian

Watch the video @tribreath.org

The Egyptian

The Egyptian is a “releasing” movement that flows on from the Giving & the Receiving and similar exercises that fatigue the arms, neck, shoulders & abdomen.

Releasing in the sense that you focus on **relaxing your body** while maintaining the Egyptian pose. Doing the Egyptian, imagine you look like the men and women you can see painted inside pyramid chambers. Walking along with their hands in prayer position held just above the head.

As for your breath, i would recommend you use the 5 Step breathing rhythm as the 5 Step can be very powerful yet can be used in a more calming way. Soft breaths so you can gently fill your lungs as you focus on relaxing your arms, your shoulders, your neck, your back, your upper torso.

Your elbows

When in Egyptian mode and your hands are up above your head, on an IN breath relax your elbows and allow them to swing in front of you. On your OUT breath, gently pull your elbows back but only to the point where you first meet notable resistance.

It is from this first point of resistance from where you begin your relaxation. It is from there you relax your arms, your shoulders, your chest, your back. The more you focus on relaxing whilst at the same time lifting your head up from the back of your skull, the more your lower rib cage can open allowing the tummy muscles to release & extend thereby helping it to maintain its integrity and visually... its flatness.

So don't force your elbows back!

Using brute physical force will only exasperate the compression of your cervical vertebrae and that's exactly the opposite of what both the Egyptian and TriBreath can offer you. Gravity and age are already doing their darnedest to compress and crystalise your physical body and quite frankly, between the two of them they require no added assistance!

Your feet

Take little steps with your feet. And when i say little they can be like one inch steps... a couple of centimeters. This way you can use your heels as a major connection point.

Using your heels as an anchor point and straightening your legs with every step you take while slowly walk helps you to lift your body up from the base of your spine right up to your head. With the synchronising effect your breath has with your diaphragm and the extension of your abdominal muscles, flattening the tummy is very achievable and effective.

The technique

Remember the Egyptian is a releasing exercise. Focus on letting go of tension held in your lower back, the muscles of your side, your upper torso all the while keeping the palms of your hands together & your hands directly above the middle of the top of your head.

A little pointer for your thumbs. When your hands are in position above your head, rotate your wrists forward so your thumbs are pointing towards the sky. Pointing your thumbs skyward helps you pull your chin in as you lift your head up from the back of your skull.

So with your shoulders in the Up, Back and Down position and using the 5 Step

Step 1. Bring the palms of both hands together & lift your hands up so they're sitting just above the middle point of your skull.

Step 2. Breathe IN & relax your elbows.

Step 3. On your OUT breath gently pull your elbows back until you first feel strong resistance.

Step 4. On your proceeding IN breath, relax your arms, relax your biceps, relax your shoulders, relax your back & chest as you point your thumbs skyward.

Step 5. With every breath, be it an IN breath or an OUT breath, focus on relaxing your upper torso as you pull your chin in & gently lift your head up from the back of your skull.

Step 6. Repeat the process and always remember... the softer the action the more potent will be the results be felt.

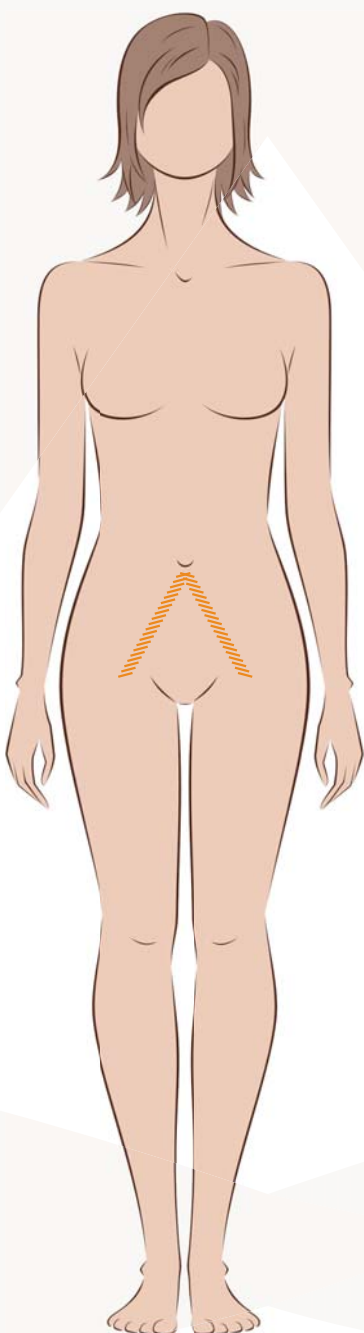
Points to remember

- Maintain your shoulders in the Up, Back and Down position.
- Relax.
- Take little steps with your feet.
- Use your heels as a connection point.
- Point your thumbs skyward.
- Only pull your elbows back to the point where you first meet notable resistance.
- Pull your chin in as you lift your head up from the back of your skull.
- Imagine yourself being lifted with every IN breath, getting taller.

Some further visualisations

The iliopsoas is a muscle group that runs from the outside of your lumbar vertebrae down to your leg. It can help to look at the iliopsoas muscle as an upside down V shaped muscle that starts around your belly button and spreads outward and down to your groin crease.

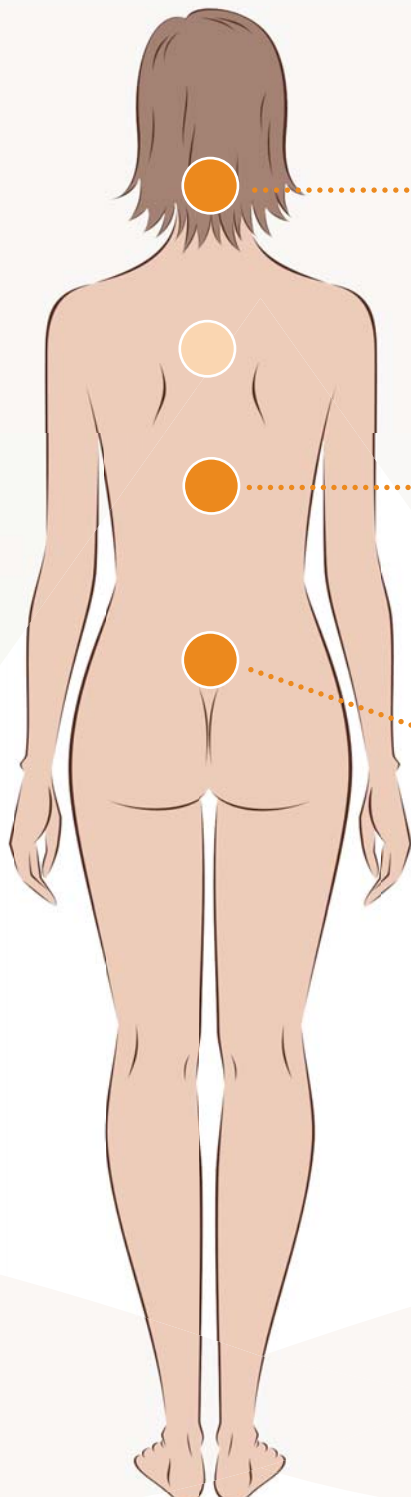
Even though our models arms aren't in the Egyptian position, imagine the palms of your hands are gently held together positioned just above the top of your head with your elbows open.



- With each step forward you take (be it an IN breath or an OUT breath), think of your upside down V shaped iliopsoas muscle also being extended from your belly button down to your legs groin crease
- NOTE... it is on your OUT breath when your foot lands that you can really feel, strengthen and direct your body's energy flow from your heel (tallus) and skull (mastoid)
- For example... On your OUT breath as your foot lands on the earth, at the same time extend your leg from your groin, squeeze your belly in and lift your head up from the back of your skull

Breathing Points of the Spine

Using the 5 Step practicing the Egyptian, utilise the sacrum, solar plexus 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

The little breath tip

To help fill your lungs with air gradually, the little breath bigger breath technique works a treat whilst practicing the Egyptian. 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.