



Introduction to Breathing

START OFF SITTING IN A CHAIR WITH BOTH FEET ON THE GROUND IF POSSIBLE.

OBSERVE YOUR BREATH

Sit up straight and observe your breath. (This means you do not try to change it.)

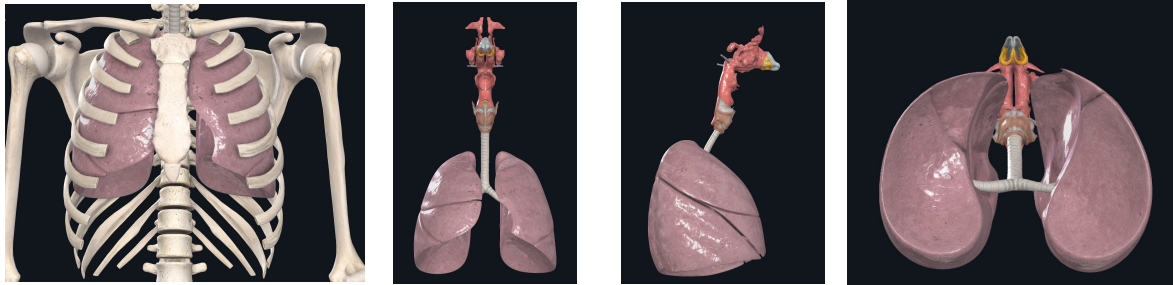
What is it that you notice about your breathing; is your breath irregular? (It is very common that the breath is irregular)

This can be very challenging to the experienced yogi. We have been trained to breathe a certain way. Yet for someone who has a lot of tension breathing it is absolutely essential.

OBSERVE THE MUSCLES AROUND THE LUNGS AND THROAT

Try to do this without too much judgment. What is going on in the muscles surrounding the lungs and throat?

Some people do better if they can see an image of what they are focusing on.



OBSERVE YOUR SPINE

Notice the highway between your brain and your lungs. Noticed what's happening without trying to change anything.

Take a moment to process your observations. Noticing what has happened in your body as a result of what you've experienced in life. Notice any tension that arises in your body with that thought. Remember we're just observing. If you find yourself taking a deep breath with the thought that is normal.

Now without trying to manipulate your body see if you're open to changing your habits. If you are we can move forward to the next step. It's not that's OK. Practice these first three steps until you feel ready.

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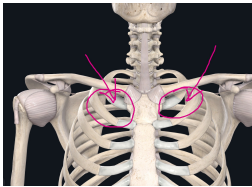
CREATING CHANGE

OBSERVE YOUR SPINE

Return to your observation of the spine. What's happening? Start to gently lengthen the spine. As you lengthen notice any pulling or stretching that you feel in the muscles along the spine. Try to gently go into the sensation of lengthening. Using the mantra less is more. Move into the lengthening and back off a couple of times until you feel comfortable holding a gently longer spine.

OBSERVE THE MUSCLES AROUND THE LUNGS AND THROAT

Return to your observation of the muscles around the lungs and throat. How have they changed?



Place your fingers on your chest just under the clavicle as shown in diagram.

Try to soften any tension you feel in this area. Be mindful not to create new tension as you are letting go.

Move your focus to the neck and throat.

OBSERVE YOUR BREATH

Bring your awareness and fingers to any area around the lungs and throat that feels tense. See if you can soften the muscles around that tension. If that area is still is not ready to let go that's OK. Focus on the area around the tension. You might have to move away from the tense spot quite a bit to find something that is ready to release.

NOW IT IS TIME TO MEDITATION

Visualize a candle in the center of your heart. Observe the flame of the candle and notice it's rhythm. Is it flickering? Is it steady? Does it move around? There is no wrong answer. Tend to your candle until it feels warm. Feel the heat from the candle. As the warmth radiates through your body release any unneeded tension. Imagine the candle is burning away anything that does not serve you.

NOW, IT IS TIME FOR BREATH WORK

Start to focus on the exhale. Each time you breathe release the exhale a little bit more. If you feel any tension starting to arise.... do less. Practice this until you're ready for more.

If you find yourself struggling through part of this practice, you can always ask for help. I am here to help. Click [here](#) to schedule an appointment. [link to private session](#)