



BREATH-PLAY

DEEP CLEANSING BREATHS- 4 IN: 1 OUT

- Inhale as slowly and deeply as possible, allowing the stomach to expand out as you do, drop pelvic diaphragm. At the very end of the inhalation (the 4th count) bring the stomach up.
- Relax the throat, let the stomach out for a moment and then EXHALE forcibly, contracting the abdominal muscles in.
- Repeat three times

BELLOWS Breath 1 IN : 1 OUT

- Inhale deeply, expanding the abdomen, Drop Pelvic Diaphragm
- Contract the abdominal muscles forcibly ... Exhale "ha"
- Immediately, relax the muscles, drop pelvic diaphragm, allowing a brief inhalation
- Repeat to a rhythm of 60-120 breaths per minute
- Conclude with a long slow exhalation
- Maintain a sharp staccato breath
- Eyes opened, seated, unless doing rhythmic movement

EVEN BREATHS - 4 IN : 4 HOLD (in) : 4 OUT : 4 HOLD (out)

- Inhale vigorously in 3 counts, pushing the abdomen out on the first part and Pelvic diaphragm downward on the 2nd and 3rd counts
- Exhale (or hum) in 4 counts, contracting stomach and raising the pelvis on 4 counts
- In time, gradually increase the timing in the same 1:1 ratio

REMEMBER...

1. On the INHALE: Flare the nostrils; Keep the eyes open; Feel the 'whisper' of the breath at the back of the throat
2. On the INHALE: Enter Ocular Divergence (OD)! Hold one finger up a few inches from your nose and look past it, gazing at the computer screen, or at this piece of paper, or at the wall in front of you. Once you get the hang of it, you can remove the finger or other focal helper. Maintain the OD throughout the breath.
3. On the HOLD, focus your attention on the OD
4. On the INHALE and EXHALE, press your index fingers on each ear to block external sound and *listen* to the breath inside your head. It should sound like the 'ocean roar' you hear when holding a seashell to the ear.
5. Repeat in 3 sets of three breaths each