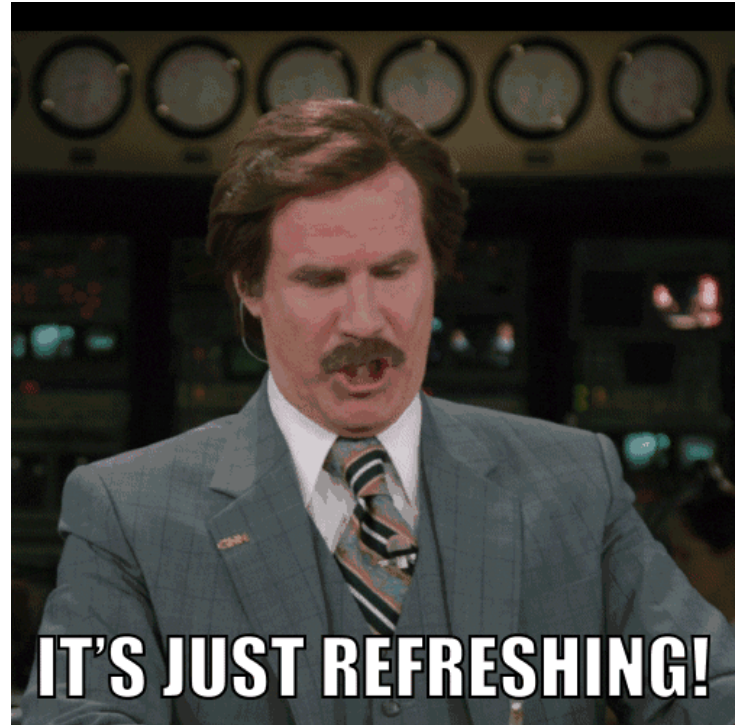




Adaptive Yoga for Essential Health

A personal and professional development program

A Beginners Guide to Breathing

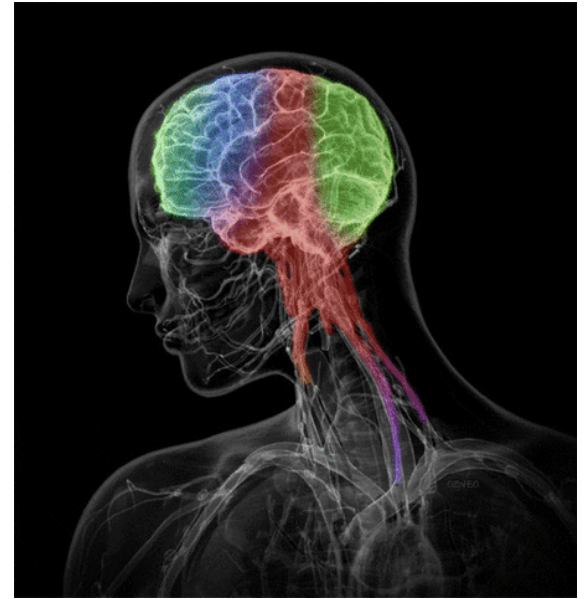


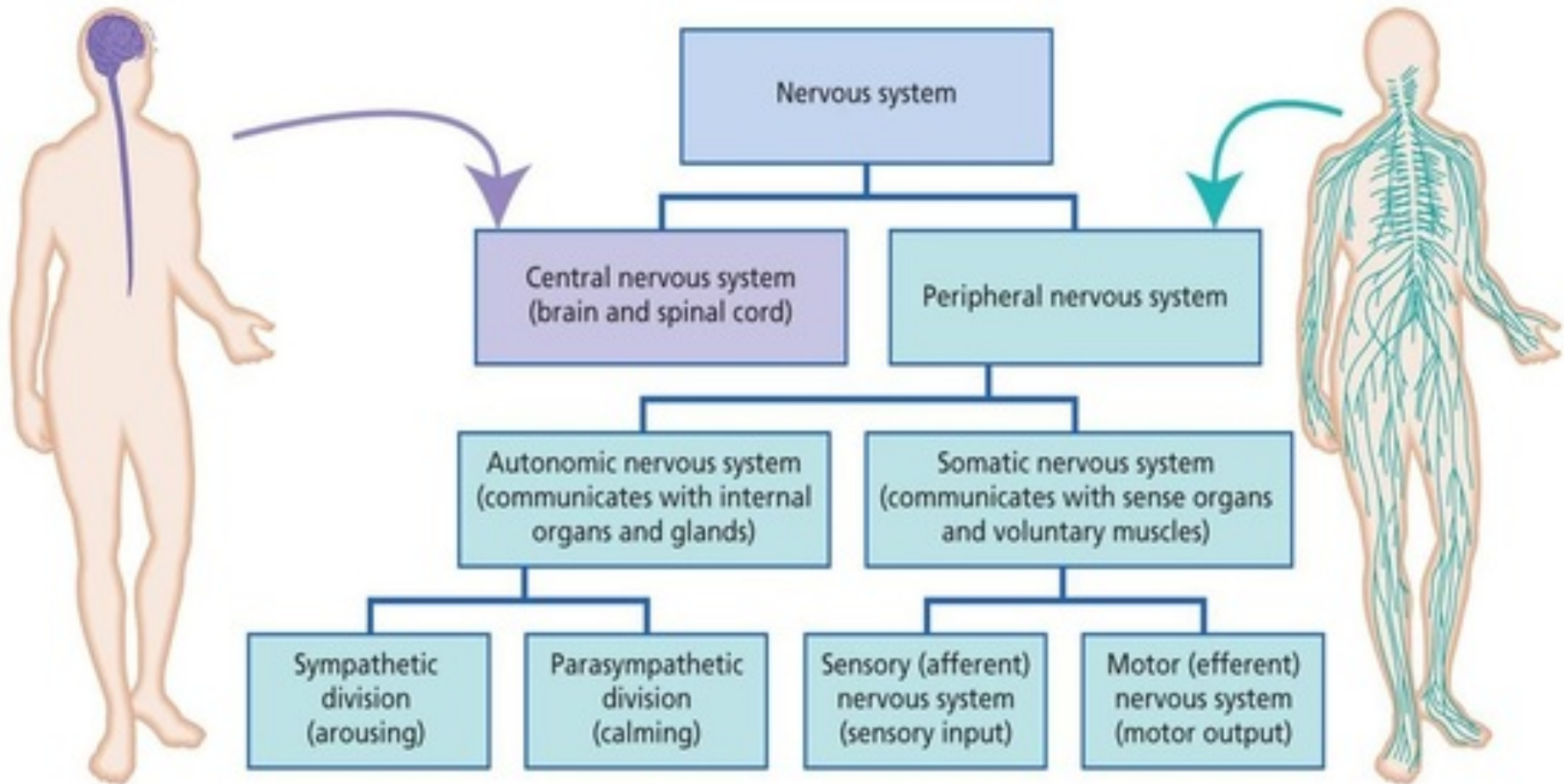
Objectives

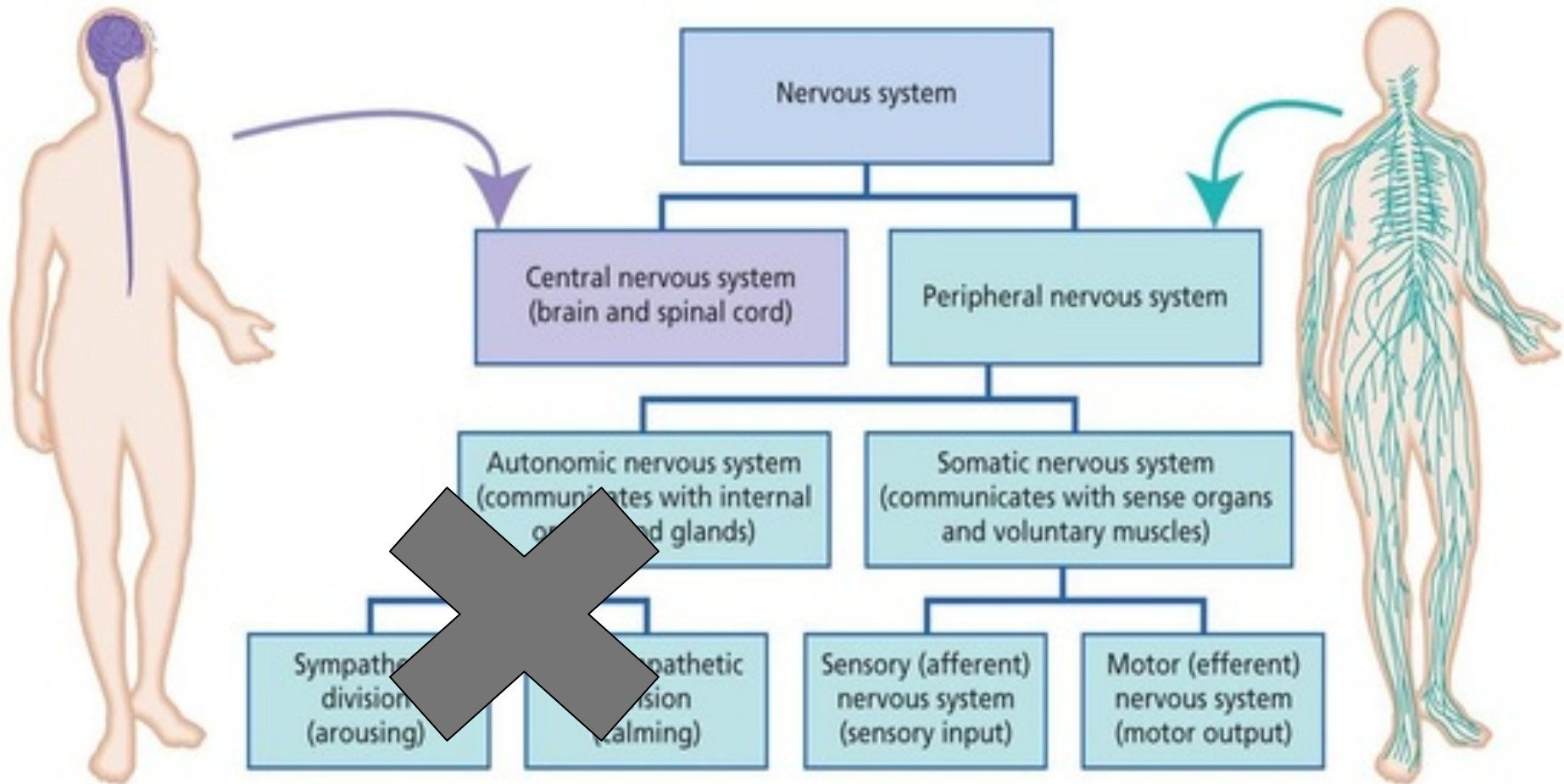
1. Learn about the autonomic nervous system and why you should care about it.
2. Learn the direction of breath and why you should pay attention to it
3. Learn that there are different ways of directing and controlling the breath
4. Learn other reasons why you want to move from the starting point of your breath

The Autonomic Nervous System

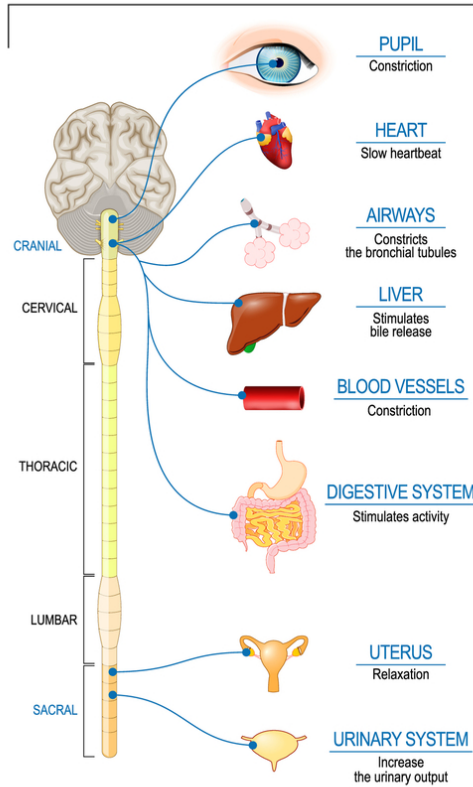
What it does for you.
Why you should care.
How to take care of it.





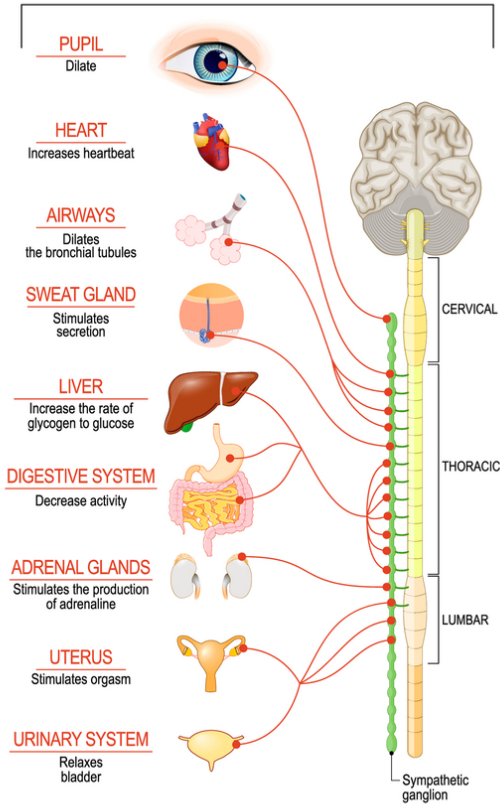


Parasympathetic



Rest / Digest
Tend / Befriend

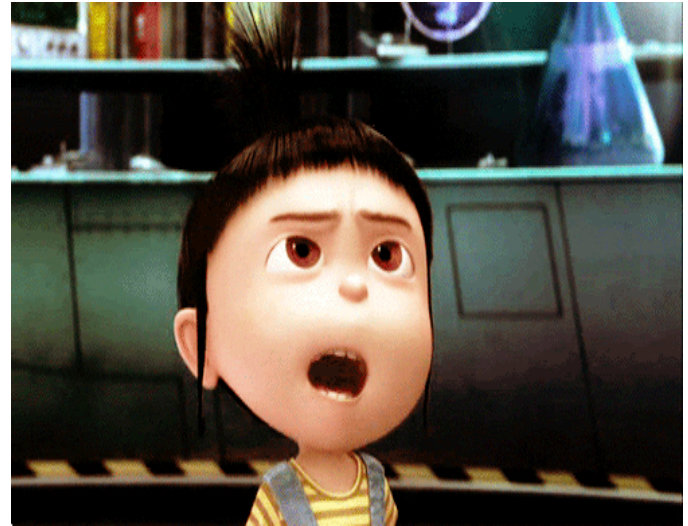
Sympathetic



Fight / Flight
Flee / Freeze

Wounded or Well- Fed?

“I am light as a feather but you
can’t hold me for very long”...



Wounded Animal



Well-Fed Lion



Wounded Animal

Physiology is....

- Hyper vigilant
- Lower immune function
- Less sleep
- More fatigue
- Lower digestion
- Interruption of elimination

Well-Fed Lion

Physiology is...

- Relaxed
- Better immune function
- Sleeps more
- Less fatigue
- Better digestion
- Better elimination

Anxious People

Structure has....

- Neck pain
- Shoulder pain
- Headaches
- TMJ
- Low back pain

At Ease People

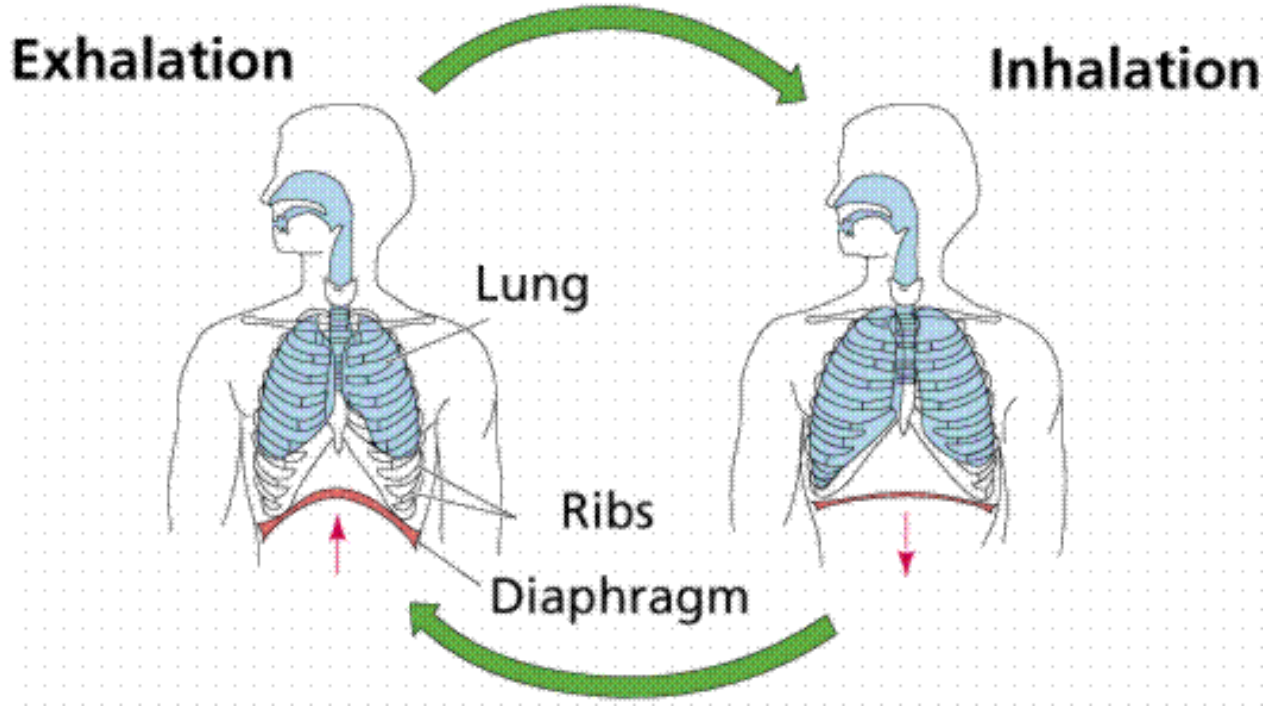
Structure has ...

- Less pain
 - Less tension
-

The Direction of Breath

And why you should pay
attention



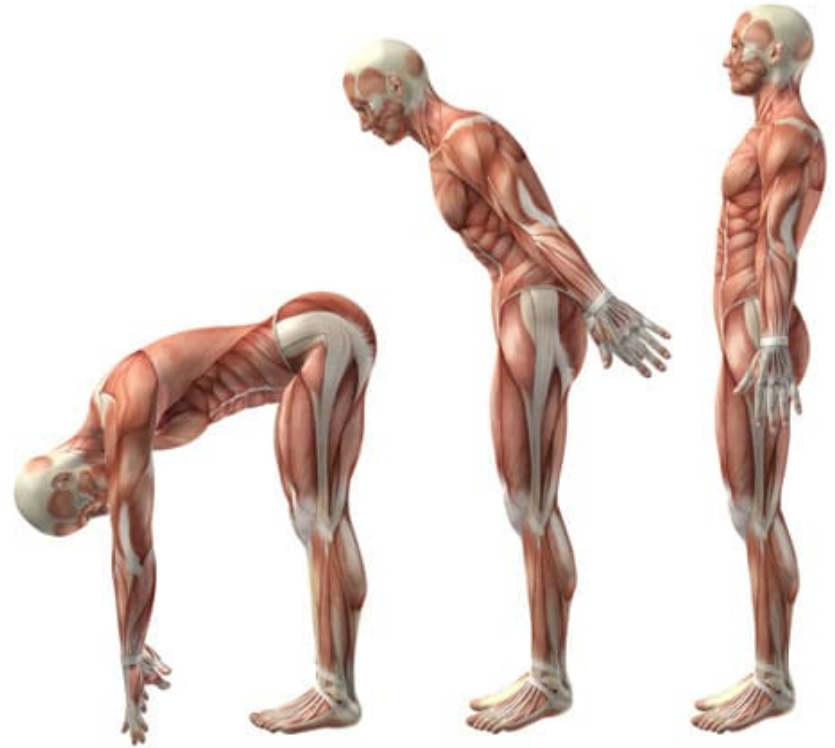


Biomechanics of Respiration

Source Text: Bhagavad Gita

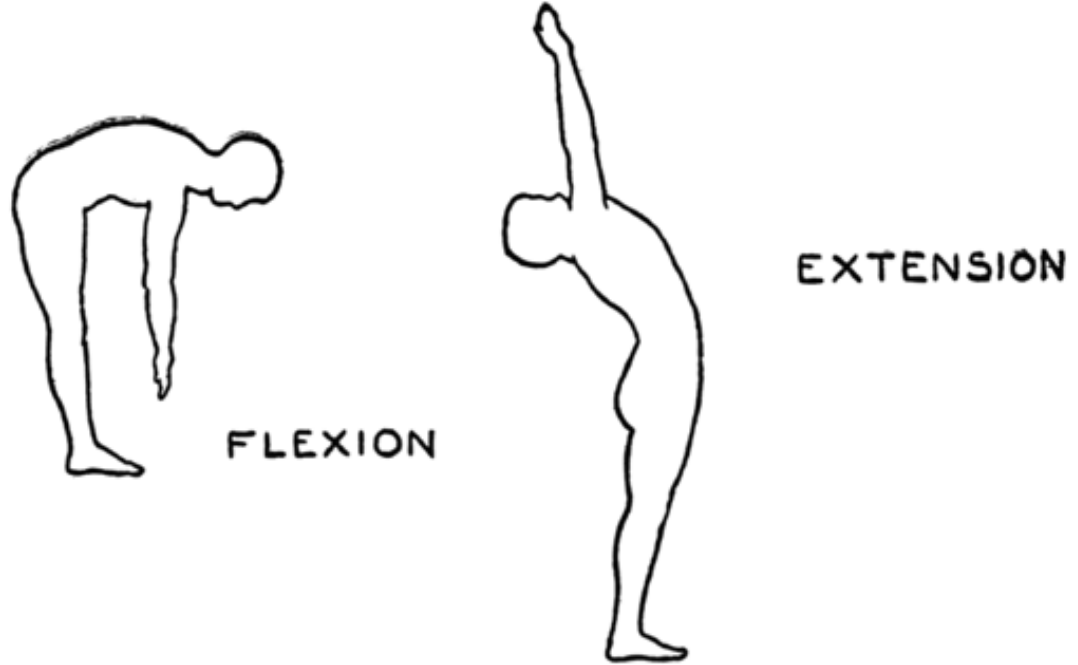
Exhalation Creates Full Body Movement

1. Diaphragm goes up
2. Front side of the body/spine contracts
3. Back side of body/spine stretches
4. Arms begin to rotate forward
5. Shoulder blades spread apart



Inhalation Creates Full Body Movement

1. Diaphragm goes down
2. Chest expands
3. Sternum lifts
4. Ribs lift away from hips
5. Heads of arm bones spiral outward
6. Shoulder blades move together
7. Upper back flattens



MOVEMENTS OF THE TRUNK.

Ways Of Controlling Breath

“Adapting Breath for
Essential Well Being”



Controlling Breath VIA Valving

1. Throat
2. Nose
3. Lips



Other Reasons...

In every culture across
space and time



More Physiology of Breathing

