

BREATH PRACTICES

OPENING THE DRAPES

Palms face each other in front of chest, about 4" apart.

Arms open out to sides as you inhale, come back on exhale.

Can be done sitting or standing. If standing, on exhalation sink with slightly bent knees without leaning forward and rise slightly on inhale. Develops leg strength for improved balance.

DIAPHRAGMATIC BREATHING

Place finger tips, (or just awareness) on softness of upper abdomen, between ribs and navel. On inhalation abdomen gently moves out, on exhalation allow abdomen to relax back in. Lower finger tips/awareness to level of navel. Repeat.

Variation: Inhale to a count of 3. exhale to count of 6. Calms body and mind.

Sniffing variation: bring air in with several short sniffs. Hold breath in for count of 3-5 seconds. Relax and enjoy the letting go of the exhale. Gives extra energy, relieves stress.

OPENING THE ENERGY GATES

Move mouth & jaw whilst making oh ahh sounds.

Take a deep breath, stretch arms up, lean back a bit, open mouth and make a sound-see if a yawn comes ! Try again. Welcome yawns- they are a great stress reliever and reduce tension from the neck, jaw and abdomen/diaphragm. Smile and enjoy the release- you are healthier for it ☺

BREATHING FOR PAIN RELIEF

Inhale... focus, exhale through open mouth.

Exhale can be a sigh, a yawn, or a whooh with pursed lips.

*Breathe with awareness, ease and appreciation-
your life depends on it !*

CHI KUNG SEQUENCE

OPENING THE DRAPES

Palms face each other in front of chest.

Arms open to side as you inhale, come back on exhale.

Can be done sitting or standing. On exhalation sink with slightly bent knees.

SEPARATING THE CLOUDS

Arms move up in front with inhale, wrists crossed. palms face in, left hand closest to body. Then hands turn palms outward then down at sides,

SALAD BOWL

Arms go out at sides, palms face up to chest level as you inhale.

On exhale arms relax downward and hands swing up slowly to cross in front.

BRING HEAVEN DOWN

Arms go out to sides and upwards then down front with palms facing each other visualizing a column of Light between hands.

TAI CHI SEQUENCE

SHIFT WEIGHT FORWARD AND BACK, one foot in front then the other

SHIFT WEIGHT SIDE TO SIDE, feet about hip width apart

PUSH PULL

Both palms face outwards then turn over to come back.

If sitting do several times with left foot in front then right.

CARRY THE BALL FROM SIDE TO SIDE

Standing- shift weight from foot to foot or if sitting- slight shifting of weight from side to side. Hands as if holding a ball between palms of hands. Move ball from side to side. Can do side to side figure eights.

*Movement can be Medicine
for your body and your spirits....*

VISUALIZATIONS & MEDITATIONS

“Put Space around it”.

For pain relief.

Can be done sitting anywhere or lying in bed.

Take 3-7 slow, low breaths to calm body and mind.

Now imagine the blue sky around you (and the pain),

Name 1- 3 qualities of the pain (or give it a color). This creates some space (detachment) between you and the pain. Now put the pain in a box or basket.

Visualize blue sky around the box/basket and again all around you. Expand the sense of space even more. Think of the vastness of space and the millions of galaxies and stars in our Universe.

Remember the Great Mystery.....

This technique can also be used with general stress or a specific situation or issue in your life.

Give Yourself a Vacation/Creating an Inner Sanctuary

Can be done sitting anywhere or lying in bed.

Take at least a few minutes to calm body and mind by breathing low, slow breaths. Imagine blue sky. Think of a beautiful place out in nature you would enjoy visiting. Create this place in your minds eye, detail by detail, using also the other senses-what smells might there be, what sounds? If there is someone you would like to spend time with, invite them into your inner garden or your special place in nature. If you float off into daydreams or sleep that is fine. End by thanking yourself for this inner vacation and promise yourself you will come again soon.

HO HUM Meditation

Can be done sitting anywhere or lying in bed. This is excellent to calm yourself while sitting on a plane

Take some slow, low, intentional breaths. Then let the breaths become lighter and lighter. Start to inwardly repeat “ Ho” to yourself with a soft inhalation, “Hum” on exhalation.

Optional: Can combine with Chi Kung Great Orbit Meditation. Inhalation bring awareness up spine, exhale down front of torso. Begin again at tailbone.

Meditation can be a form of medicine.

Like most things in life we get better at it with practice.

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