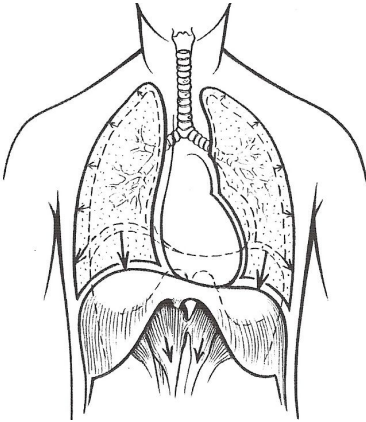


Freedom In Your Chest — Breath and Movement



We breathe all the time - we have to or we die! But we seldom think about how we breathe. When we get more energetic whether it is hurrying for the bus or in sport or dance we need our breathing to have a good foundation before it quickens for us to achieve our goals.

In this Workshop we will focus on the chest and how we can achieve free flowing movement in the ribs, upper spine, lungs, heart, shoulders and diaphragm muscle (breathing muscle). The bony and muscular frame work of the chest is a complex piece of structural

engineering that moves dynamically with breath 24 hours a day - the maxim that we get good at doing what we repeat is incredibly true here. If we have a poor breathing pattern we are really working to keep that bad habit every minute of every day. By bringing attention to our breath - beginning to embody the incredible elegance of the chest's natural design we can start to overcome these bad habits of breathing to liberate our breath to support us as we live our daily lives.

Our breathing is incredibly important in maintaining our posture - the mechanics of the bones and the muscles are part of that but another part of it is the subtle shifting support of the organs held in the chest's embrace. Working with improving the alignment and freedom of movement of the chest organs - heart and lungs - can greatly improve our posture.

