

Breath Lab 24 THOIA

The breath will be used during this healing session and paired with imagery. We will first investigate our breath and breathe in different parts.

1. **Diaphragm:** Flex your body where your head is moved towards your pelvis as much as possible. Breathe in while using your diaphragm. You will feel your diaphragm moving up and down. This position isolates the diaphragmatic movement and restricts upper chest movement.

2. **Upper chest breathing:** Extend the spine with head back, weight over feet, and inhale in and extend your upper chest space by breathing in for five secs., hold for four secs., and breathing out for five secs.

Continue doing this until you feel this space open.

3. **Sides:** Focus on your sides and breathe into your sides until your breath expands into the ribs. Limit your upper chest and diaphragmatic breathing. You should feel rib expansion. Breathe in for five secs., hold for four secs., and breathing out for five secs. (Vary to match the child)

4. **Upper Back:** Breathe into your upper back limiting the breath into your upper chest, ribs, and diaphragm. Breathe in for five secs., hold for four secs., and breathing out for five secs.

6. Breathe in any of the places that you feel comfortable breathing into -through your nose and out through your mouth. Feel your total respiratory system starting with the mouth and nose bring it in into the areas you choose for holding and releasing of breath.

7. Using Breath as a Tool: As you breathe imagine that you're breathing from a place and into a place.

Example: breathe from your safe place into your heart,

- Breathe from your heart into your brain,
- Breathe from spirit above your head down through your feet,
- Breathe from spirit above your head into your extremities, into your hands, breathe from your heart out into the space around you,
- Breathe from spirit into any place.