

"Take a deep breath, then exhale"...

BUILDING YOUR BREATH OF LIFE!

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Sounds like a good idea, right?

But here is what it took me years to learn – HOW you orchestrate your body while breathing... IN *and* OUT... makes all the difference in the world!

The way most folks do it, once they are beyond the babyhood stage of life, causes as many problems as benefits... for themselves and for their all living beings around them.

Watch how bodies move themselves when people take a deep breath...



What directions do the shoulders move?



What part of body expands the most as air is inhaled?

What parts get narrower?

How does the exhale rate sound, from beginning to end?

If we study how babies use their bodies to breathe, nothing moves or sounds the same as us adults.

What are the differences?

- * Adults usually raise their shoulders upwards towards their ears as they inhale air
- * Adults usually fill only the upper portion of their bodies with air.
- * Adults may extend inhale expansion to lower ab area, but not many expand intake in two sides or back side of torso...and that affects postural balance of a body in less positive ways than we expected.
- * Adults exhale with greater volume and sound at the beginning of the exhale, and finish exhales with very little volume...little did they know that this becomes the mild version of a horse's way of alerting the herd to "Watch Out...Danger in the area!"

* Babies inhale into their entire torso, in all dimensions, without losing their balanced posture.

- Babies exhale in more equal volume, from beginning to end, and may do it longer than us.

Breathing: The Forgotten Function!

Among the revelations that changed many elements of breathing for me included the new found focus on the importance of the exhale side of things, not *just* the inhale. The better I began to do the even, long, volume of each exhale; I was amazed at the improvement of my super increased volume of my inhale!

I did a series of private lessons with Michael Grant White, creator of 'Optimal Breathing'. One of my passions of life has been studying the art of singing. Various teachers had instructed the use of inhaling and exhaling in ways that only helped me partway. As Michael taught me that an important value of utilizing my entire torso to move the air out of my lungs including not only the front areas but also my ribs and my back, I was able to sing songs with such long notes that even voice teachers were amazed at my improvements.

By modulating and equalizing the rate/volume of air that I exhaled, then extending the exhale an additional few moments of completion, I truly emptied old air out of my lungs! And then, WOW!...I could inhale a greater volume than ever before into my lungs...and my heart and brain proved him right...they loved this increased oxygen load!

Michael also told me that the final gentle push to squeeze out old air would trigger some smart neural systems that would note the need of better intake of air...so inhaling began to encompass the use of my entire body, equally and 3 dimensionally in new ways. Not only did this help me live in my body more happily, this style of exhale was a serious 'calming signal' to nervous animals and humans.

I've observed various styles of exhale that has been taught by others in my long path of learning. The style I find most effective for use as a calming element for myself and for any living being around me is what I've named the 'Extended Equal Exhale'

If you check out the website of Michael Grant White (<http://www.breathing.com>) you will see cool moving imagery of the body moving in the most effective ways to achieve the absolute necessity of our lives known as

oxygen coming in and CO2 going out. He also offers videos and simple ideas to build this new plan in such easy ways.

Breathing Affects Body Function

I had noticed years ago as a Centered Riding Instructor, that when riders either breathed only in their upper body or simply added the front of their stomach and abdomen area to inhale, that the tension and hollowness in their lower back was still there. They exhaled in ways that were louder at the beginning and nearly silent at the end of each exhale. Some would even become dizzy with their shallow, erratic breathing skills.

I've taught Tellington TTEAM work since the mid 1980's, and as people are learning the bodywork and groundwork/leading lessons, they often stop breathing, and their horses or dogs imitate that element more often than not. This adds more tension to their techniques.

Once I started adding education of what I named 3-D breathing, the riders found not only did the functions of their riding bodies improved greatly, but that their horses made such positive improvements in the behaviors, movements and responses of their equine bodies. The riders were even more amazed to discover that their own bodies immediately became more balanced and comfortable while simply walking on the planet Earth.

Those folks doing TTouch bodywork or groundwork found that their own bodies became more balanced and smooth moving...and all found that their emotions and minds grew calmer and more focused...so all the two leggeds and the four leggeds would be the happiest beings to watch!

Explore New Ideas About Breathing in New Ways - Become the 'Body Balloon'

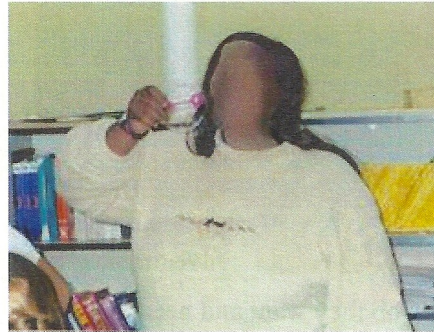
So what do you do? Pay attention as you begin your exhale...hold onto the amount of air you let go out of you a bit to slow it down and elongate it...as if you were running a contest within yourself to win the 'slowest longest exhale' race!

When I give presentations to groups about the 3-D Breathing ideas, I often end up doing my own example by singing "Happy Birthday to You". When done in the old fashion style, I run out of phrases in a couple of sentences. When I incorporate the fuller style of inhale and exhale, I can nearly make it all the way on only one breath.

I prefer the exhale to be done with a relaxed, slightly opened mouth/jaw. Others have been taught to whistle an exhale, or purse lips together, etc for certain types of exhales, but since animals read ALL elements of body language, avoiding any tight muscles simply gives the idea of calming in the 100% range, rather than only 80% or

less, if part of face and throat is tight.

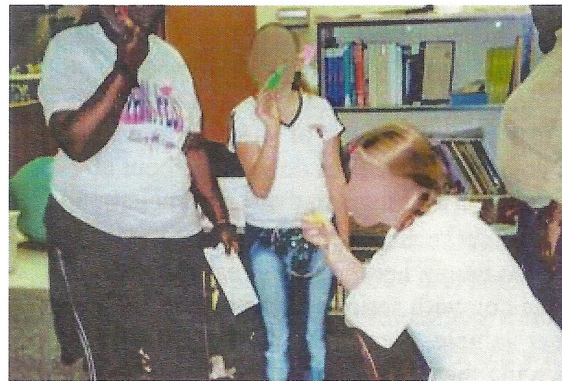
In my own winter rider classes named "Finding Your Rider Within", I enjoy adding fun ways to practice this new game I named the "Super Slow Blo Mo Bubble Blowing Contest". They giggle and gawk at first, but by the end of our game, all are amazed at changes in their jaws, their energy, their brains and their emotions...and stop on



their way home to buy bubble blowing bottles for themselves!

I got to include these lessons in my classes for At Risk Youth as well. This is how I could teach them to exhale differently

while we did TTouch on Therapy Trained dogs..and the teachers and therapists found that adding this element to these kids' abilities to use breathing as calming signals for



dogs had also made huge help to these kids in many more situations.

It is not about blowing hard and quick to scatter

dozens of bubbles. This is about creating the single largest bubble possible!

Sometimes I come across folks who hold so much tension in their backs that trying to compress and expand that area while learning 3-D Breathing just won't work...so I came up with another possibility to try out, and it did wonders for many people!

Try laying on something that blocks the muscles of the front of your body, and will only allow the back muscle to operate the need to inhale and exhale...for some, using a gym ball works within minutes! If that isn't comfortable for you, try leaning over and against the counter top of your kitchen, or a large rounded element of a sofa...or just lay on your stomach on the bed.

While laying on your front side, all you may need to do is to continue breathing and your back part of your body will realize that it needs to wake up and move accordingly



Above photo by Jan Van Dierendonck

to help the lungs get the job they want and need from the rest of the body... expand and gently contract, to help the diaphragm do its job inside.

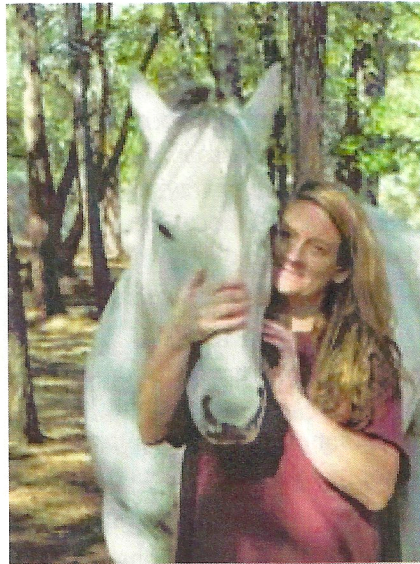
3-D Breathing Create Calming Signals for All

I also loved the lessons I learned while watching, repeatedly over 6 years of teaching TTouch to the At Risk Teens, the "Calming Signals" video by dog behaviorist, Turid Rugaas (en.turid-rugaas.no/about-me.html). She showed great examples of the use of yawning to calm down excited dogs. I find it calms down just about any animal, two legged or four legged, that I may be around. Earlier this year, a vet tech came for a TTouch lesson. In that session, I also taught her the 3-D Breathing work. She has a rescue dog with serious hyper-anxiety issues while inside her vehicle. I received an email with her report...while driving the dog somewhere, the vet tech began to combine the 3-Breathing and yawning for about five minutes, and to her super surprise, the dog laid down quietly in the car...and yawned itself, as well! That kind vet tech had also told me that she herself had troubles breathing easily in her own body, so this was a double reward for both of them.

If you think that only one person can make an influence here is another example for you:

I was teaching a group of young horse riders in Nevada. They were seated in chairs for the lecture phase just outside a barn that had a large central aisle. While we were seated, a new horse was trailered in, unloaded and expected to enter the aisle. The horse stopped and froze near the barn; head high, his breathing stopped and eyes bulged as he stared at our group of seated humans. We began to do our 3-D breathing, with our eyes glancing away from the horse frequently. Literally within minutes, the horse heaved a big sigh, lowered his head and was

marching ahead of his handler, into the barn aisle, without any concerns. We conveyed mammal 'calming signals' via our breathing patterns, and he got it.



Recently, a neighbor in my area has learned the value of this breathing style and how it is a benefit to all the animals around her. Her two over-active Quarter Horses have changed their behaviors in the field and in the barn to quiet, calm partners...with her and with each other.

Her house cat loves to sit in her lap in the evenings while they watch

TV...and now, if the neighbor has begun to breathe in the old limited way due to stressful television, the cat begins to slap her with its tail, repeatedly, until she engages her 3-



D breathing again. The local deer love visiting her property but stay off at great distances. She engages her new breathing style slowly and evenly, at a safe distance, and even the deer begin to walk up closer to her place... who would have known these signals could travel so far?

We breathe every moment in order to live...learn to breathe better, and your life will grow even more wonderful!

So add this tool to your list...your animals will Thank You for this!

TINA HUTTON
ALTERNATIVE METHODS IN



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Photos by Tina Hutton