

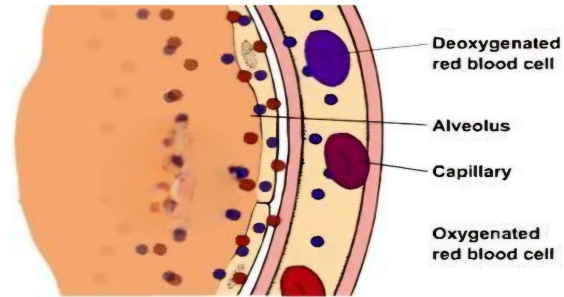
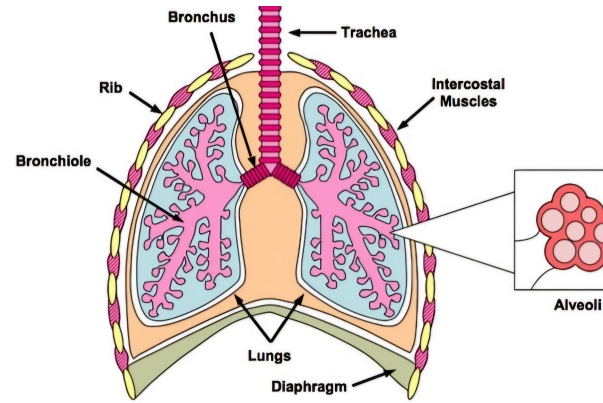
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USING YOUR BREATH TO
DECOMPRESS

The background features three overlapping hearts. The outermost heart is a light blue, the middle one is a medium blue, and the innermost heart is white. The hearts are arranged in a slightly offset, overlapping manner, creating a sense of depth and focus on the central white heart.

1: your lungs, how do they work?

A: Exchange of gasses
The need for iron and carbon dioxide



● Carbon dioxide
● Oxygen

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How much exchange takes place
90% of what you breath in goes unabsorbed
If lung capacity is 100ml
then the most you can absorb is 10ml
If you breath in 50ml you still absorb 10ml
If you breath in 10ml you absorb 10ml
Therefore reducing the size of your breath doesn't
Reduce the amount of oxygen you are absorbing.
Therefore it won't effect you negatively.

B: how much of our lungs do we typically use?

- Taoist alchemical breathing
- Lower Diaphragmatic breathing
- Lower Chakra breathing



Create vortex

2 :Principles of Chinese Medicine as they relate to breath
To decrease work below to increase work above

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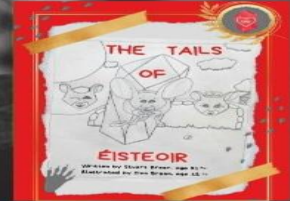
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Tai-chi/Chi-kung /Meditation
Classes/Facilitator courses
Therapies/Facilitator courses
Group or individual sessions
stuart@huanyingholistics.com

€30

A MONTH OF MEDITATION
Stuart Breen

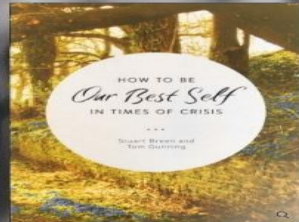
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Extreme yin turns to yang and extreme yang turns to yin

3: Practice of TAB

Stage 1 TAB

1 Chest front,

2 chest back,

3 chest front and back and upper abdomen front

4 Chest and upper abdomen front and back

5 Chest and upper abdomen front and back, lower abdomen front

6 Chest, upper and lower abdomen front and back

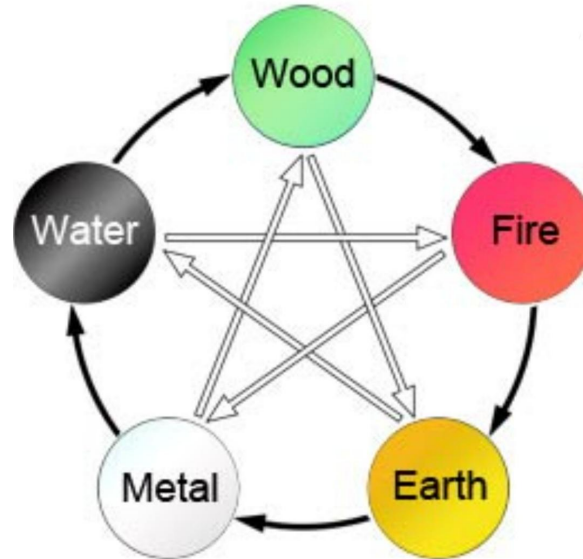
Stage 2

Opening the perineum

Use seated qua sink to create space to open and release

Stage 3

Breathing to the earth chakra / tantien point



→ generate → overcome

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4: Emotional component of Breath

Breath can direct chi (intention leads the mind and the mind leads the chi)

Smiling Chi Kung Breath to organs for emotional support and wellbeing

Create or recall a genuine smile from yourself or another and send that energy to the organ (heart, lungs , liver, kidneys and spleen)

Thumb traction breathing.

Hold thumb, create traction, Breath to tantien for 6 seconds on in and out phase of breath.

Tapping upon the TAB Breath.

Gentle tapping with the fist holding the egg upon the area being focused on with the breath to create deeper release.

Breath to and massage Anmian point Ex hn17



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