

OPEN BREATHING

To use while consciously stretching, doing self-massage, or receiving massage

1. Tune into the area of resistance to make sure that it is a *useful amount of pressure or stretch* – one that you can melt into!
2. On Your Inhales - send your Open Breathing to that dense, contracted area...picture it opening and expanding outwards in all directions like a balloon slowly blowing up
3. On Your Exhales – allow that area to soften, relax, and let-go

Intersperse focusing on a particular area opening with focus on your whole body opening and relaxing.

There has probably been a lot of pulling inward and contraction here, often for decades, so try to be patient as release is a gradual process too!

Now it's time to 'test the waters' and open those areas up gradually. Always return to relaxing and letting go on your exhales a little at a time.