



Three-Part Breath Practice

By Shelley Carpenter, PT, RYT, RM

The breath is a gentle and is also a powerful tool to assist in creating balanced function in our bodies, minds and lives.

When in times of prolonged stress, we tend to internally grip and to breathe mainly with the upper chest, using neck, upper chest and upper back muscles to work too hard. Chest breathing is inefficient and tiring. The diaphragm (the main breathing muscle) is contributing, but not very easily in this state. Breath and life energy (prana) feels constricted-because it is.

Try the following Three-Part Breath practice with me.

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As we guide the breath into different areas, practicing improved use of the diaphragm, we can instantly feel the benefits. The body becomes fully oxygenated. Circulation flows more freely. Digestion improves. Gripping and pain decrease. One gains a sense of lightness and freedom within the body. The mind becomes calmer and clearer.

Enjoy!
Shelley

©August2021 Shelley Carpenter, Physical Therapist, Registered Yoga Teacher, Reiki Master Teacher is a practitioner at Ommani who offers group (Tuesday and Wednesdays) and individual therapeutic yoga sessions, physical therapy, and Reiki care. During the COVID stay-at-home period she is offering online yoga classes (<https://www.pureenergyyoga.com/monthly-subscription-channel>) and in-person or remote Reiki and in-person physical therapy for persons who are symptom free. Call our office at 262.695.5311 to schedule an appointment.