

## Red Level Breathing Themes

### First Breathing Theme- Breathe & Relax!

I'm going to tell you the Biggest, Best Kept Secret in Yoga. It took me 15 years to discover this. I paid a lot of big yoga money to have teachers make me figure this out for myself. Now I'm going to give it to you absolutely free with the purchase of this book. Here's the **Big Yoga Secret**:

**You're body relaxes when you breathe out.**

That's The Big Secret. I call it, *The Relaxation Response*. Please don't tell your yoga teachers I told you that. They have to make their living somehow.

You don't have to take my word on this. You can notice it for yourself. Try the following experiment right now:

Take a big breath...

When you let it go, notice that, for a fraction of a second, your body relaxes and lets go.

(waiting, waiting, waiting while you try this .... )  
(try this as much as you like!)

(still waiting, cause I know this exercise can get addictive.)

Throughout your day, whenever it occurs to you, take a second to notice this *Relaxation Response*.

If you like – go to my website and I'll talk you through it...  
[www.audioyoga.com](http://www.audioyoga.com)

All of the breathing themes here develop this *Relaxation Response* in one way or another. Master it and you won't have to buy this book. However, take this book home and I'll help you train that *Relaxation Response* until you can be very deeply relaxed in a single breath. *That* is a clever yoga trick that anybody can do. It just takes a little knowledge, and some practice. It will make you very flexible, without having to actually *be* flexible. And as you get good at this, stress will start to drop aside, quickly and easily.

## Working with the First Breathing Theme

Use this *First Breathing Theme* whenever you are learning new poses or routines. You see, when you are learning something new in yoga, it's enough of a challenge to remember what body parts go where. It's amazing if you even *remember* to breathe. So don't worry about becoming one with the universe yet. Until you are very comfortable with a pose, until it becomes second nature to you, the First Breathing Theme will help you focus on the basics:

- Get the general idea of the pose, within safe boundaries.
- Come to terms with the pose. By that I mean, find ways to modify it so it works for you.
- Remember to breathe in and out whenever and however it occurs to you, and use the *First Breathing Theme*. Feel your body sinking down and letting go each time you breathe out.

### Here's how to use the First Breathing Theme in your yoga practice

Get into the stretch\*. Make your best effort, but don't get too caught up in detail. Once you're in the pose and have a handle on it:

- Take a moment to notice that your body relaxes as you breathe out.
- Then notice some parts of your body that are not involved in the stretch. Let those parts relax, one by one. Feel them letting go, dropping away as you let go of your breath.

Do this for every pose in your routine this week. This will start training you to notice your *Relaxation Response*. It will start conditioning you to be more relaxed when you're in your yoga poses. It will start your mind believing that you actually like doing yoga.

\* You'll discover that any stretch will do here. (See the Myth of Poses page for my cat's opinion on that!) However, the later breathing themes work really well with certain kinds of stretches. So if you'd like to get comfortable with those, you'd be off to a good start. They are of various levels of difficulty, and you can focus on the ones you're able to do. They include

Abdominal Lifts	Leg Folds
Back Bends	Leg Overs
Back Push Up, (Wheel)	Lunges & Warrior poses
Balance Posture	Puppy
Bridge Poses, including	Side to Sides
Pelvic Lifts, Pelvic Push	Side Bend
Bow Poses	including Simple Side Bend
Butterfly poses	Simple Twists
Bust Expansion	Simple Side Stretch
Cat Pose (of course)	Spider
Chest Expansion poses	Standing Wide Angle with Twist
Complete Breath	Triangle poses
Dancer's Posture	Wide Angle Poses
Elbow to Knee Poses	Wood Chopper
Forward Bends, like	
Back Stretch & Leg Clasps	