

The Twelfth Breathing Theme 1:1:2 Breathing

You've got breathing in and out down pat. After a life time of practice and several weeks of intensive training with this program - air comes in, air goes out. Got it. That's half the skill of breathing.

Now it's time to get the most out of each breath.

Each breath has four parts to it.

1. Breathing in
2. Holding the breath so you can exchange of fresh air for used air
3. Breathing out
4. Waiting before you breathe in again.

Using 1:1:2 breathing you can give your lungs more time with the air you breathe in. This will give you more full air exchange. So, whenever you breathe in, if you hold your breath a little, you will give the oxygen more time to get into your body. You will also give your body more time to dump waste air into your lungs, ready to be exhaled.

It sounds simple enough, but people usually forget to do this. After a quick breath in, we rush straight to breathing out. To remedy this you can do this exercise, wherever you are, whenever you have a minute:

- First, take a moment to enjoy the mere fact that you're breathing.
 - Feel air flowing into your body as you breathe in.
 - Feel your body releasing as you breathe out.
- Settle into 1:2 Breathing from *Breathing Theme 11*:
 - Breathe in, counting it.
 - Now breathe out.
(Taking twice as long to breathe out as you took to breathe in.)
 Do this long enough to get a good rhythm going.
- Now add a step to your breathing:
 - Breathe in, counting it.
 - For every second you took to breathe in, hold your breath for a second.
(Hold your breath for the same length of time as it took you to breathe in.)
 - Now breathe out.
(Still taking twice as long to breathe out as you took to breathe in.)

If you get dizzy or lose your rhythm, take a break. Breathe however you like for a couple of breaths and then go back to the exercise. Or, for dizziness, try pausing a little between breathing out and breathing in.

Working with the Twelfth Breathing Theme


You can work with the *Twelfth Breathing Theme* in much the same way as you applied the *Eleventh*. Only now, you're going to be sure to put a pause in your movements when you're holding your breath. The Cat Pose is a great stretch that helps you train in the *Twelfth Breathing Theme*.

With the Cat Pose, breathe in while you arch up. After you arch up, pause and hold your breath. Your back is stretching, arching upward, while you're holding your breath. This gives you time to notice how good the stretch feels!

You breathe out while you're going down to the floor.

You breathe in as you're sweeping along the floor and arching upward toward the ceiling.

Then you pause, holding your breath and enjoying the stretch



With some poses, holding your breath is a chance to do an extension of the pose.

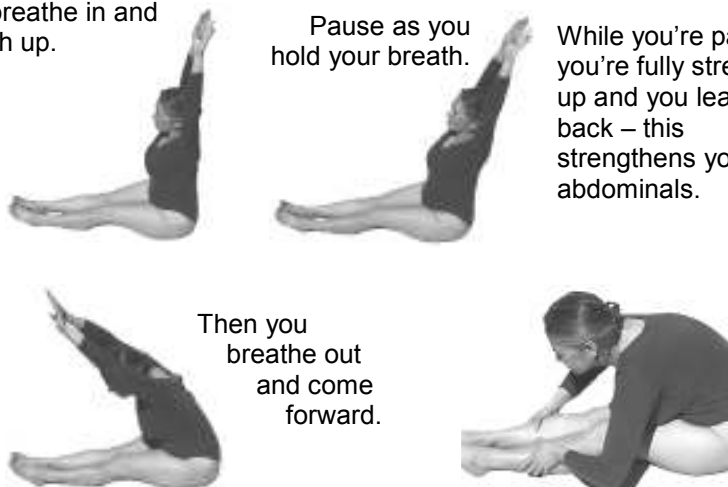
In the Sitting Forward Bend ("Back Stretch")

You breathe in and stretch up.

Pause as you hold your breath.

While you're paused you're fully stretched up and you lean back – this strengthens your abdominals.

Then you breathe out and come forward.



Encouragement

It can take 2 – 6 weeks of practice to start feeling comfortable with this breathing rhythm. During that time, it's good to practice the basic breathing rhythm on its own from time to time, throughout your day, whenever you have a minute. It's also good to vary your practice, so that you alternate using this *Breathing Theme* with others that you've learned.

Poses that help you practice the *Twelfth Breathing Theme*:

Back Stretch

Butterfly Breathing

Butterfly

Complete Breath

Centering Exercise

Dancer's Posture 1, 2 or 3

Elbow to Knee 1, 2 or 3

Frog

Leg Over

Leg Stretch

Simple Side Bend

Triangle Discovery

Triangle

Twist 1

Twist

Wood Chopper