

The Twentieth Breathing Theme

Calm but Strong Workouts

The *Twentieth Breathing Theme* will help you take the peace and calm of the *Nineteenth Breathing Theme* and apply it to a stronger work out. You'll get the best results with this *Breathing Theme* if you're very familiar with *Breathing Theme Nineteen* first, so that you're used to finding your quiet center. That familiarity will free you up to discover the extra depth that Green Level can add:

For the *Twentieth Breathing Theme* begin as you would for the *Nineteenth Breathing Theme*.

1. **Do you warm up breathing stretches.**
2. **Do your breathing practice**, practicing a *Yellow Level Breathing Theme* like 1:1:2:2 Breathing. After 1 – 3 minutes of practice, let this exercise go and return to breathing normally for a moment.
3. **Once you're into your main poses:**
 - a. Settle into place.
 - b. Take some time to notice your breathing.
 - c. Start doing *The Fountain* from Green Level. If you can do your Yellow Level breathing, counting your breath while you do this, great. If not, let the count go and stay with *The Fountain*.
 - d. Do many repetitions of your pose, not holding any part of the pose, but simply moving with the breath, just as you did in *Breathing Theme Nineteen*.
 - e. As you do each pose:
 - i. **Breathing in, go into the pose. Imagine you are a Fountain, breathing the water in through your feet.**
 - ii. **As you pause hold your breath, hold the next part of the pose. Feel the water soaking into your body.**
 - iii. **As you breathe out, move into the next part of the pose, (usually that means start releasing the pose). Imagine the water is soaking back down into your body, going toward the stretching muscles.**
 - iv. **After you breathe out, stop breathing and stop your movements for a moment. Notice how peaceful and still everything has become.**

Do as many repetitions as you like. 3 – 5 reps is good. 6 – 10 is excellent. After your done your reps, let the pose go, let go of counting your breathing, wait quietly and feel how still your body has become.

Return to your pose for 2 more rounds.