

Working with the Eleventh Breathing Theme

There are some poses that are great for practicing the *Eleventh Breathing Theme*. They invite moving with the breath. An important part of these poses is the feeling of movement that goes with them. That's a great time to be pacing the movement with the breath

Many of these poses are described on the website

www.audioyoga.com

However, there are thousands of excellent books that describe in detail how to do poses. There are also many great teachers in the world who can safely and kindly talk you into these positions for maximum benefit without injury to yourself or others.

Bridge Poses, Pelvic Lifts
Butterfly poses
Bust Expansion,
Cat pose (of course)
Chest Expansion poses
Complete Breaths
Dancer's Posture
Elbow to Knee poses
Forward Bends, like
 Back Stretch & Leg Clasps
Leg Folds
Leg Overs
Locust
Lunges & Warrior poses
Reclining Butterfly
Reverse Push Up
 (Back Push Up / Wheel)
Side to Sides
Side Bends
Standing Wide Angle with Twist
Twists
Triangle poses
Wood Chopper

Eleventh Breathing Theme

Yellow Level – Pacing Your Breathing

Once you are completely at home with half a dozen to a dozen stretches, you can use them in the *Yellow Level Breathing Themes*.

These breathing themes give you a lot to think about. (You'll see what I mean in a moment!) So, you'll get the most out of them when the stretch you are using is second nature to you. If you pick stretches that you don't have to think about and get used to these themes, you can start getting a peaceful sense of flow when you're doing yoga. It starts to feel something like dancing, or like poetry. The pose starts to feel like water moving through your body.

Eleventh Breathing Theme Moving with the Breath

This is where yoga begins to be poetic. You might not feel very poetic at first, as you haltingly apply the *Eleventh Breathing Theme* – but every moment you spend in practice is preparing your mind and body to work together with a sense of flow. Awkwardly, at first, and then, one day, you'll experience a small moment of this flow. These moments of will become longer the more you practice.

The idea is that breathing and moving are paced so that they happen together – in the same way that dancing and music are paced to happen together.

In the *Eleventh Breathing Theme* you match the movements of the pose with the breath, so both breath and movement start and stop at the same time.

For example, if you're going into a pose while breathing out, it would go something like this:

- ? You start breathing out at the same time that you start moving into the pose.
- ? You pace your movement and your breath together - so that you have stopped moving into the pose when you've stopped breathing out.