



JUST BREATHE

COURSE CONTENT



SECTION 1: INTRODUCTION

Welcome to **JUST BREATHE**.

My name is Paul Read and I will be your teacher on this course. These health-exercises are simple to learn, energising to do and consequently, will stay with you for a very long time. So, don't rush through them, try to savour them, stroll through the course and enjoy the process of learning something new. I do hope you will feel inspired to practice them regularly and should you feel so inclined, share them with others so they too would benefit from slowing down in this increasingly manic world.

Find below the list of lectures for this course. At the end of each section, you will find another PDF to download. This PDF will recap what you have learnt in each section and offer some additional training tips to help you understand some of the practices and ideas from the JUST BREATHE course.

If you have done some Tai Chi or Qi Gong before, you will be familiar with some of this material, but for anyone new to the practice, these PDF's will be a useful set of reading notes to download and keep.

- LECTURE 1. INTRODUCTION TO THE COURSE
 - LECTURE 2. COURSE PLAN (THIS PDF)
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SECTION 2: AN ENERGY OVERVIEW

In this section you will learn about the origins of the Energy Exercises, their benefits and a few simple guidelines to help you get the most out of the practical sessions that follow.

- LECTURE 3. WHAT YOU WILL LEARN IN THIS SECTION
- LECTURE 4. WHAT ARE ENERGY EXERCISES?
- LECTURE 5. WHY LEARN ENERGY EXERCISES?
- LECTURE 6. THE ORIGINS OF ENERGY EXERCISES
- LECTURE 7. WHAT DOES THIS ENERGY FEEL LIKE?
- LECTURE 8. TENSION RECOGNITION SKILLS
- LECTURE 9. CONCLUSION TO SECTION 2 AND THE PDF



SECTION 3: ENERGY MESSAGES

In this section you will learn a series of massage techniques that aim to stimulate the flow of energy in the hands. You will also learn how to feel energy in specific parts of the body.

- LECTURE 10. WHAT YOU WILL LEARN IN THIS SECTION
- LECTURE 11. FINGER MESSAGES
- LECTURE 12. HAND MESSAGES
- LECTURE 13. FEEL THE ENERGY
- LECTURE 14. KIDNEYS

- LECTURE 15. DAN TIEN
- LECTURE 16. CONCLUSION TO SECTION 3 AND PDF



SECTION 4: MOVING WITH ENERGY

Here, you will build on the last section by learning very basic breathing techniques that will enable you to breathe from your belly whilst lying down, standing up and finally whilst moving around.

- LECTURE 17. WHAT YOU WILL LEARN IN THIS SECTION
- LECTURE 18. BREATHING AND LYING DOWN
- LECTURE 19. BREATHING AND STANDING
- LECTURE 20. BREATHING AND SHIFTING WEIGHT
- LECTURE 21. BREATHING WITH A STEP
- LECTURE 22. CONCLUSION TO SECTION 4 AND THE PDF



SECTION 5: THE ENERGY EXERCISES

In this section you are going to learn the beautiful, graceful and energy giving **Five Energy Exercises** in sequence. We start first with some preparation work.

- LECTURE 23. WHAT YOU WILL LEARN IN THIS SECTION
- LECTURE 24. QUESTIONS ANSWERED
- LECTURE 25. SPEAKING OF FEELINGS
- LECTURE 26. EXERCISE 1 - CRANE BREATHING
- LECTURE 27. EXERCISE 2 - LIFT PALMS
- LECTURE 28. EXERCISE 3 - WATER WORLD
- LECTURE 29. EXERCISE 4 - TOUCH SKY EARTH TWIST
- LECTURE 30. EXERCISE 5 - WINDMILL

- LECTURE 31. CONCLUSION TO SECTION 5 AND PDF



SECTION 6: WRAP IT UP

In this short section we wrap up the breathing course by looking at where you might want to practice the exercises. Finally, we look at ways to take your training further.

- LECTURE 32. WHERE TO PRACTICE
- LECTURE 33. NEXT STEP

