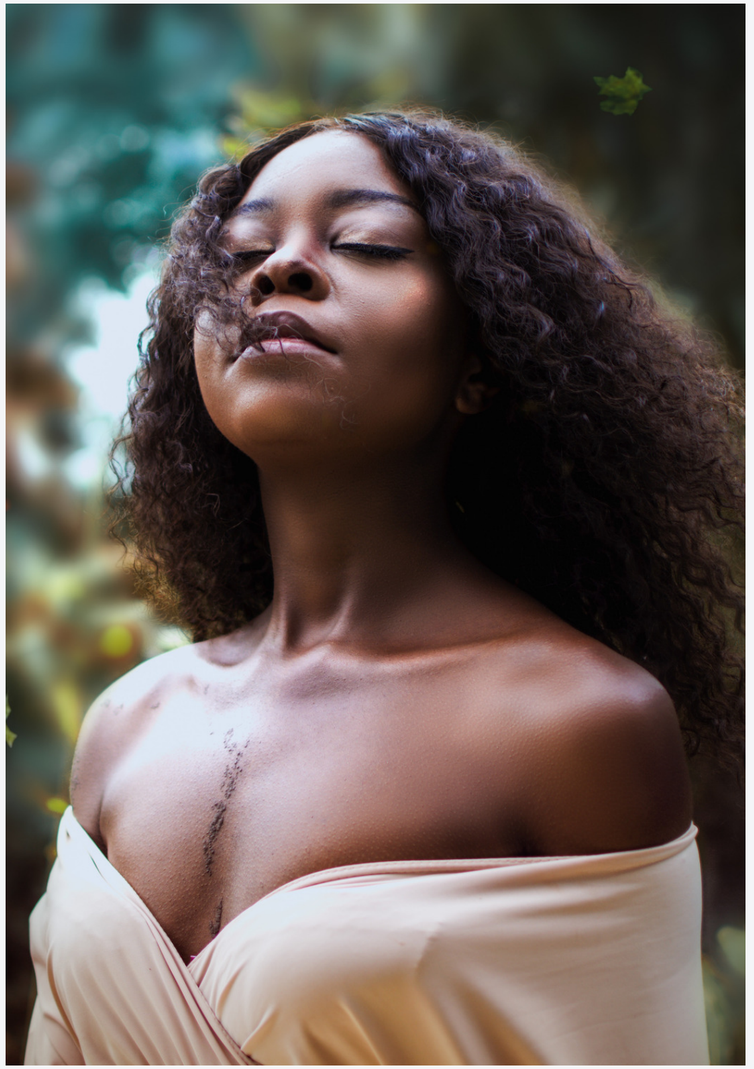
YOGA EVOLVE™ BREATHING FOUNDATIONS



An Evolutionary, Unique Breathing Technique Designed to Align and Empower your Body to Live Your Best Life.

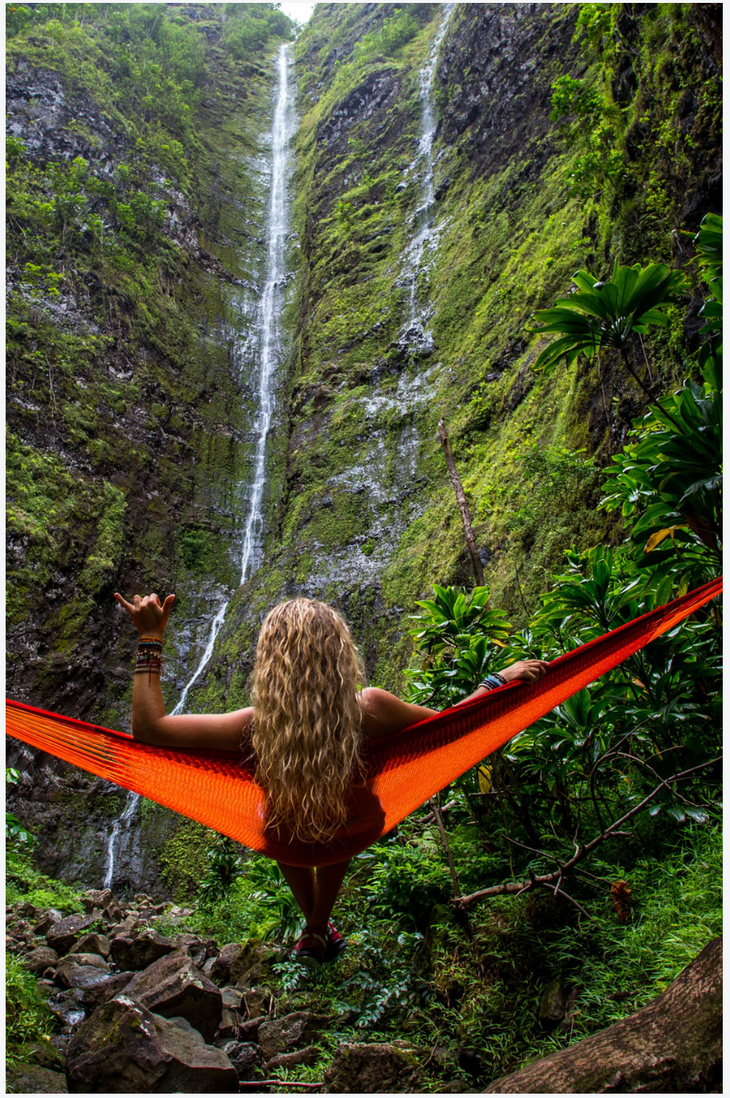
Introduction

PREPARATION

Since the invention of first the chair and then technology and their subsequent overuse in our every day life; the human body has had to deal with a myriad of health concerns previously unheard of.

One of the main health concerns is the shortening of the front fascia line and the resulting lack of use of the primary breathing muslces. Due to their lack of use, the primary breathing muscles begin to get weaker and the secondary breathing muscles take on a job they were never designed for.

Yoga Evolve™ breathing techniques, that you'll learn through out this program, will teach you how to reconnect with your primary breathing muscles, the ultimate preparation for having an aligned, healthy, capable and empowered body.



INSPIRING WORDS

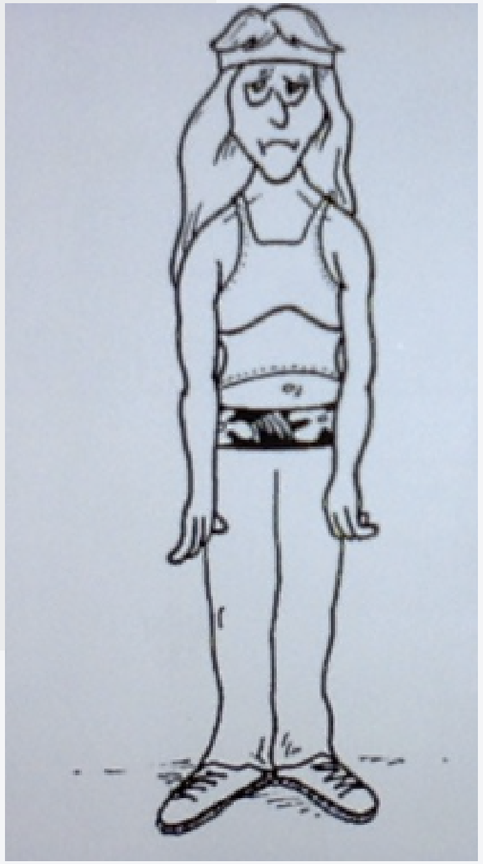
"The better you breathe,
the better you live."

Allouise

Learn why it's essential to do things differently

When you look at a young child breathe, you will see a significant amount of rib cage movement. As the child grows, they will learn misaligned posture in a seated position and poor breathing habits that begin to initiate from the secondary breathing muscles. This becomes so prevalent, that as the child becomes an adult it is quite common to see no visible signs of breathing movement from the primary breathing muscles.

Breathing becomes exhausting work when done from the secondary breathing muscles in the upper back, neck and shoulders. When breathing is performed with the secondary breathing muscles for years on end, the posture will begin to droop forward, the shoulder will round, and the thumbs will turn in, the ribs will begin to collapse in on themselves, crushing the internal organs, compressing the spine and inhibiting the vital movements of the diaphragm. As pictured on the right.



Breathe

The Effect

WHAT'S THE EFFECT OF HAVING SHALLOW BREATHING?

There is not a minute that goes by that we are not engaged in the breathing process. The oxygen we bring in through the breath is our most vital fuel, essential sustainance that we can't live more than a few minutes without. But what are the side effects of having shortened breath?

If the primary breathing muscles aren't doing there essential work the body is missing out on vital 24-hour internal organ massage- the breath works like a pump constantly providing the body with much needed fuel to sustain the body. A shallow breath is the precursor to many adverse health conditions:

- Poor breathing leads to poor posture which leads to poor health and an increased risk of injury and disease.
- Lack of oxygen, means lack of energy, if the breath is shallow, the body is being starved of the essential element and it will be common to experience fatigue, tiredness and a general lack of zest for life.
- Inadequate circulation, which can lead to numbness, tingling, swelling, joint pain and muscle cramping.
- Problems with digestion, elimination and mal-absorption of vital nurtients.

SOME OF THE HEALTH CONCERNS RELATED TO INADEQUATE BREATHING

There are many long term health concerns related to shallow breathing and sleep apnoea (shallow breathing while sleeping):

- Shortness of breath
- Gasping
- Morning headaches
- Digestion problems
- Chronic sinusitis
- High blood pressure
- Excessive Fatigue
- Increased risk of Heart disease
- Increased risk of stroke
- Increased risk of cancer
- Increased risk of Parkinsons Disease
- Increased risk of Dementia
- Increased risk of diabetes
- Insomnia
- Difficulty concentrating
- Hormonal imbalances
- High acid levels
- Difficulty relaxing
- Decreased range of motion
- Forward head carriage & posture related conditions
- Low immune system
- Hypoventilation
- Mental & emotional health issues
- Loss of libido
- Imbalance

And all of these health concerns will create a body that is more prone to sickness and injury than health and happiness

The Effect

WHAT DIFFERENCE DOES IT MAKE WHICH MUSCLES INITIATE THE BREATH?

As well as the ample long-term life threatening diseases associated with shallow breathing there is more bad news for those of us who are unknowingly passing through life shallow breathing. In the short term because of poor posture, and the flow on effect poor posture has on shortening your breathing, and your front fascia line, it will be common to experience the following short term effects:

- Acute headaches/migraines
- Neck pain/problem
- Shoulder pain/injuries
- Lower back pain
- Hip tension
- Digestion problems
- Gasping for air

There are many more to add to this list as lack of oxygen will mean the body is prone to injury and illness. When you consider that the body is not getting adequate amounts of essential nourishment and fuel it's easy to see why our society are having so many health concerns. If you want to maintain your health in to old age it is essential that you make the transistion back to a natural, deep breath, back to your primary breathing muscles, the same ones that would give you ample energy and health when you were a child.

Is the Breath Causing the Stress?

THE FIGHT OR FLIGHT STRESS RESPONSE IS ACTIVATED BY A SHALLOW BREATH

The shorter, shallower breath is the same breath we would use temporarily in a state of stress, if we were running from a wild beast, and then once the stress was over, we would and should return back to a deep resting breath.

This imbalance of breathing muscles doesn't just affect the tension of the fascia lines, the secondary breathing muscles also invoke the stress reflex, making you more prone to anxiety, fluctuating moods, loss of libido, high blood pressure, muscle tension and depression, and can enlist a semi-permanent fight-or-flight response. Pulling the head forward, causing serious neck, shoulder and upper body pain and potentially injuries, and then the fascial lines will begin to lay down thicker and more rigid lines of pull, keeping you 'stuck' in this misaligned breathing habit.

The overuse of the secondary breathing muscles is not only physically exhausting, wasting precious energy, but also causes pain, arthritis, stress, bone spurs and excessive wear and tear on the joints, which can lead to chronic health problems and disease. The resulting chronic tension in the upper body, then reverberates through out the whole body through the fascia lines.

Secondary Breathing Muscles

HOW DID THE TAKEOVER HAPPEN?

It is not uncommon to not know that your breathing is shallow, until you start gasping for air. I remember not that long ago waking myself up through the night, gasping for air, or sitting at the computer and all of a sudden gasping for air, a sign that the body is not happy with the amount of oxygen intake. That was when I first realised that my resting breath (unconscious breath) wasn't very deep. And this was a time when I was doing A LOT of yoga and pilates breathing, which I thought was assisting my breathing muscles!

The takeover of the secondary breathing muscles (the neck, shoulder, upper chest area, and/or stomach area) is a very subtle one, it usually takes place over many, many years, and many, many millions of breaths. Because it happens so slowly and over many years it is most likely that you won't notice the changes until you too, are gasping for air. We start to make the transistion to the secondary breathing muscles throughout the schooling years, although I am seeing it happen younger and younger with the overuse of poor posture and technology in our very young children. But for most people by the time they reach adulthood, especially if they have a sedentary, computer based, stressful career, the secondary breathing muscles have well and truly infilitrated.

The secondary breathing muscles are supposed to assist with the movement of breath but they are not supposed to **initiate** the breathing movement .We breathe between 15-20,000 times a day, an imbalanced breathing pattern can quickly become habitually ingrained.

THE POWER TO DECOMPRESS

Using the secondary breathing muscles ultimately leads to premature ageing. Without sufficient oxygen levels reaching each cell, unable to renew, restore or re-energise efficiently, the process of ageing begins to accelerate and all of the associated health conditions that come with it Making the abnormal seem normal: it is now common place for people to get shorter as they age. **And now more than ever before, with the excessive over-use of technology in our younger generation, we are seeing this phenomenon rise.** How does that happen?

The compression of the spine begins to happen as soon as we unknowingly begin the switch to the secondary breathing muscles. Over many years of using an inadequate inhale (a proper breath in will prevent spinal compression) combined with poor posture will result in varying degrees of spinal compression.

Since practising Yoga Evolve™ I have grown 2 whole cms! The young lady (pictured) did 1 private session to decompress and grow 4cm! I have an older gentleman who began learning Yoga Evolve™ in his 60s, regained 3cm of height in 12months. Not just him, I has a class full of over 60s who have all grown since they started practising Yoga Evolve™ with me.

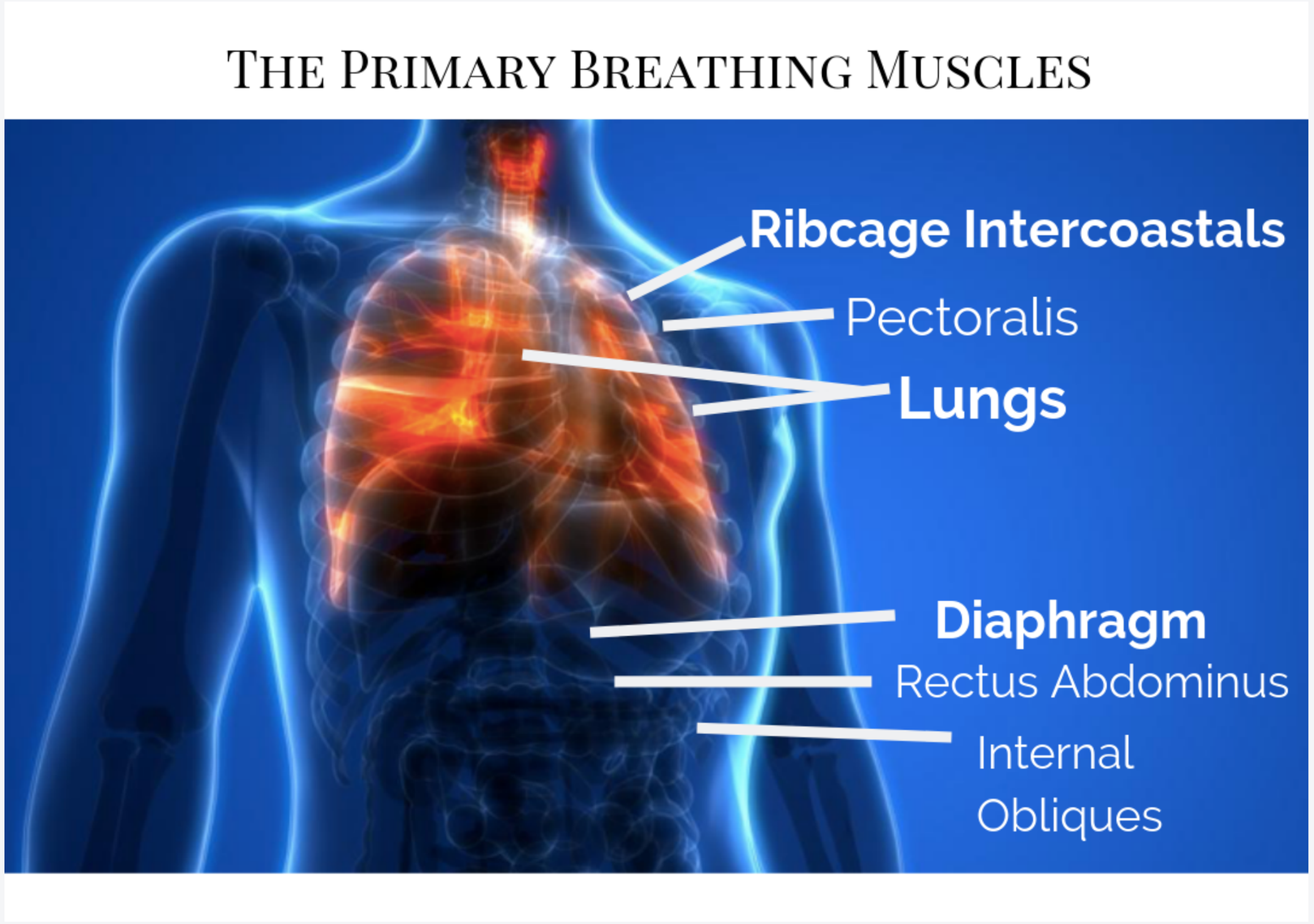
What are the Benefits?

Here are the top benefits of learning the Yoga Evolve™ Breathing to make the shift back to your primary breathing muscles:

- The fastest way to rebalance all of the fascia lines, bringing health and balance to the whole body.
- Breast lift: strengthening primary breathing muscles causes the chest bone to lift, creating natural breast enhancement.
- Create perfect alignment from the inside out, which will assist in injury-prevention.
- Lengthen your spine, easing compression of the spine
- Tone your body and your core with your breathing
- Re-activate the shock absorbing curves of the spine
- Contribute to the elimination of muscle tension and pain, creating lightness within.
- Invoke a feeling of relaxation, by turning off the stress reflex
- Decrease anxiety, depression and stress.
- Decrease negative fear patterns induced by the stress reflex
- Increase the efficiency of metabolism, digestion and immune systems.
- Provide a consistent, nourishing massage for the internal organs.
- Helping to stablise the hormonal and reproductive system
- Assist in increasing libido
- More open to positive feelings of happiness, joy, giving and receiving love.
- More able to be present with your experience and live more fully in the moment.
- A natural energy boost, helping you feel energised, vibrant and full of beans

WHAT ARE THE PRIMARY BREATHING MUSCLES?

The shift to the primary breathing muscles begins with knowing what they are.



In the image to the left the primary breathing muscles are highlighted in bold: the ribcage (internal and external intercoastals), the smooth muscle of the lungs and the diaphragm.

There are many accessory muscles to the primary breathing muscles, some of the main ones include: pectoralis minor and major, rectus abdominus (6 pack muscles), and internal and external obliques, the psoas which attaches through fascia to the diaphragm (and helps to relax the body).

When done properly the switch to the primary breathing muscles should include a full torso movement, which means the breathing should affect the whole of the torso and then the whole body.

What did it feel like?

PERSONAL EXPERIENCE OF THE SHIFT

I'll never forget when I first started making the transition from secondary to primary breathing muscles. After about a week of very consistent practise, my resting breath began to deepen even when I was sleeping. I knew that I'd had my first full night unconsciously using my primary breathing muscles because I woke up so full of beans, so awake, so alive, and so much energy, energy that I hadn't felt for a very long time, probably since I was a child.

I haven't really needed coffee since then. Now I am very happy to report that's my new norm.

My body couldn't get enough of practising the Yoga Evolve™ breathing, and the shift from the secondary, to the primary breathing muscles happened relatively quickly, considering I had been unknowingly using the secondary breathing muscles for perhaps over 10 years,

Making the Transition

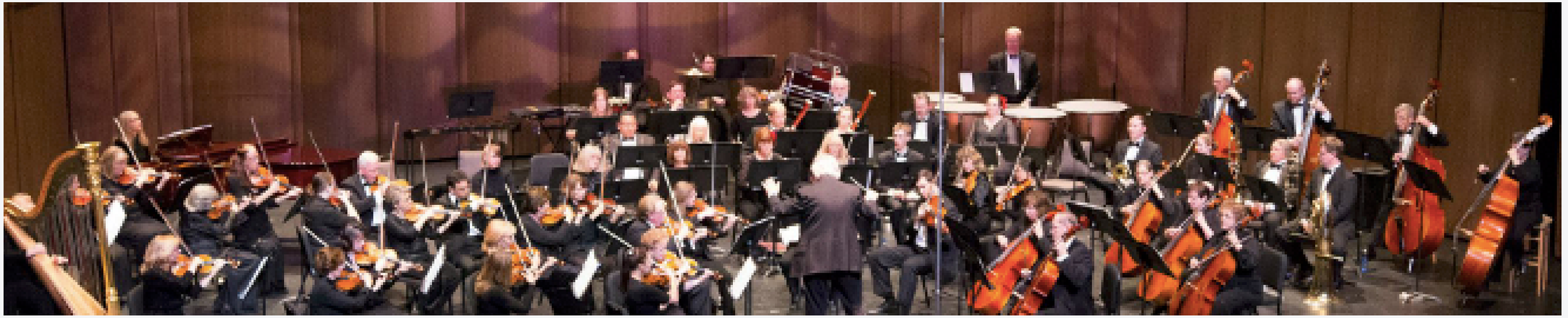
THAT ALL SOUNDS GREAT, BUT HOW DO YOU ACTUALLY GO ABOUT MAKING THE SHIFT?

So what, exactly, controls the process of how we breathe, when we are not controlling it consciously? Breathing muscles are controlled by programmed codes of movement in our nervous system, which originate in instinctual survival areas in the primitive brain.

Normally breathing is an unconscious process, however when we purposefully and consciously begin to use breathing techniques to trigger the primary breathing muscles, not only can we develop stronger and more powerful muscles that supercharge the expansion of the lungs, and the intake of oxygen, but we also start to reprogram the unconscious breathing process, updating this 'new software' in to the brain. Think of it like doing an update on your device.

As you continue to practise regularly you start the transition to reprogram your unconscious software, until the primary breathing muscles strengthen enough and the shift to your new software become automatic. In order to make the shift, we need to re-train our brain by consciously strengthening the new software, the primary breathing muscles.

The Symphony EXPERIENCING SYNERGY



When you learn the Yoga Evolve™ breathing technique you will come to understand through experience, that there is no part of your body that is not involved in the breathing process.

Breathing becomes like a symphony of many musicians, and many muscles, each with an important role to play. To breathe functionally with the primary breathing muscles, involves the whole body, and affects the whole body, right down to the cellular function of the entire body. You can isolate individual muscles in the process, just as you can tune your hearing to the flute or the trumpet; but in the end we are looking for synergy within all parts of the entire "symphony" and breathing appartus.

We will begin to enlist all of the primary breathing muscles as well the secondary, in fact over time, you will deepen the breathing so much that it becomes a full body exercise and activation.

Inspired Throughout the Exhale

One of the major differences/most effective in the Yoga Evolve™ breath is that the inhale will literally decompress the spine, grow you taller, open your heart, enhance your bust and connect you to your alignment. And we will aim to keep these 'gifts of lift' right throughout the exhale.

As we make the transition, just as we will with the shift from the secondary to the primary breathing muscles; we will retrain the body, updating old software that's no longer required, on a nervous system level, how to be in perfect alignment with the least amount of physical effort. The exact skills you had when you were a child.

An inhale using the primary breathing muscles is designed to open and inspire the body and mind, opening the rib cage muscles and creating more space for the lungs to expand. While in the exhale the intercostal muscles will draw together, which has a shortening, compressing effect on the body, that pulls us forward, unless there is a conscious connection to stay upright. Keeping extension in the spine, no matter what the breathing is doing, is one of the main focal points of Yoga Evolve™ breathing.

HELLO BODY HAPPINESS™

The purpose of the primary breathers is to: bring in oxygen, remove waste from the body, define our posture, direct our nervous system responses and control our emotional wellbeing.

That's a lot of responsibility on something we put on autopilot but with your conscious effort you can begin to reap the health benefits of an optimal, automatic breathing pattern.

When we are aligned and breathing well it is actually difficult to frown! The body becomes energised, light, happy, less prone to injury, more inclined to feeling great, open and free, just they way you felt as a child.

Now that you've mastered the theory, it's time to get in to learning the breathing techniques to start making the shift today!