

Opening Movement 3 - Embracing The Breath



Your breathing system performs about 20,000 breaths daily. Breathing deeply is more efficient. The body is able to fully exchange incoming oxygen with outgoing carbon dioxide. Deep breathing slows the heart rate, lowers or stabilizes blood pressure, and reduces stress.

Starting this movement

- a. If continuing from Alternative Opening Movement 2, rotate your hands so that your palms face down. Gentle force is applied downward as if you are pressing balls underwater.
- b. Your fingers point toward the center; your thumbs point to the waistline.



OM 3.1

Part 1

- a. Start with your hands about a fist-width from your belly, palms facing down. (OM 3.1)
- b. Begin to circle your hands, elbows bowing outward as your palms push in and forward. As you move your hands in, forward, and out to the sides, you should feel a slight pressure applied to your wrists and the outer edges of your palms. (OM 3.2)
- c. As your hands push out and to the sides, your body should rise slightly.



OM 3.2

Part 2

- a. As your hands continue their circle, turn them to face palm-up as they return to their original location in front of your lower abdomen. (OM 3.3)
- b. As your hands return to your belly, the body should sink back down.
- c. Your fingertips should be directed at those of the opposite hand. Your hands and arms should be curved as though holding up a large ball, which presses against your palms and the inner aspect of your arms.
- d. As you perform this motion, feel as though you are standing in water, your hands pushing through it as they move.
- e. Maintain this posture for as long as desired. Feel the connection between your hands, and imagine the weight of this ball as you hold this posture. As you breathe, allow your arms to open and close slightly; this motion should be more internal than external.



OM 3.3



OM 3.1

Additional information to enhance practice:

This posture uses the following qi guiding patterns:

1. Breathe into the middle dantian.
2. Extend qi out from your middle dantian to the palms of your hands.

Practicing Embracing the Breath improves the depth of your breathing.

This movement is an opportunity to expand the capacity of your breathing. Our inhalation can expand our lower abdomen/lower back, mid-abdomen, lower ribs, mid-ribs and upper ribs.

Breathe slowly and deeply. Exhale as completely as possible.