

Transform Movement Into Easy Breathing Space

Reclaim your breathing space to address the hidden root holdings.

People are often trapped in their normalized breathing space limitations. These holdings mostly run outside the awareness, outside voluntary control. This lost easy-breathing space expresses as posture.

Teach your nervous system to restore a more complete repertoire of accessible easy-breathing space.

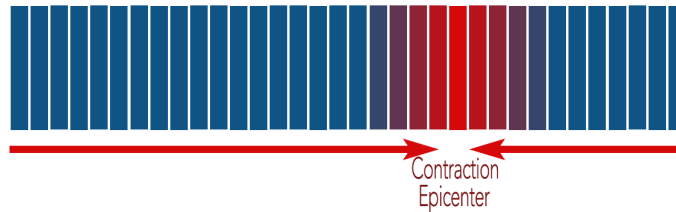
Find the confused and constricted breathing space with the ECSM Gentle Breathing Assessment



The Constricted Space

Make the contracted area the epicenter of the contraction effort.

Squeeze the air out. Find the smallness of the space.

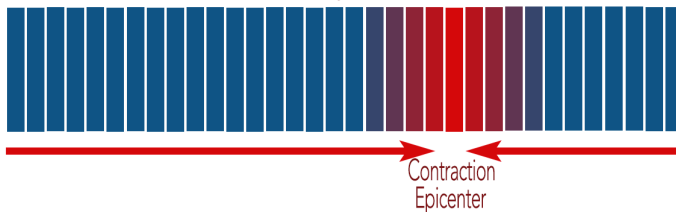


As the line opens, focus the gentle inhale to the places that don't know how to open.

Don't stretch it. Don't force it. **Encourage it** to open with a soft inhale into that space, as it opens.

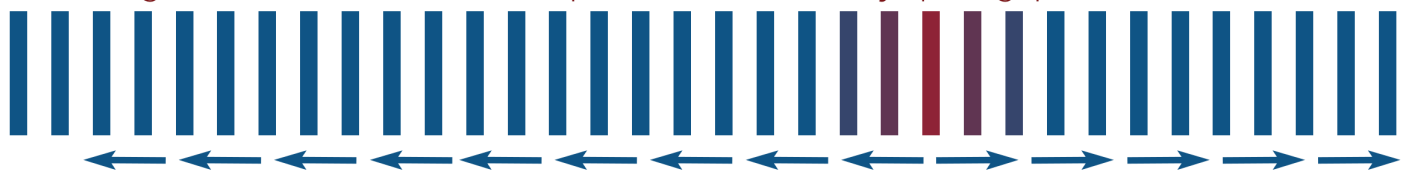


Repeat as needed. Make the constricted area the epicenter of the contraction effort.



Teach your brain to open that place. Encourage it to open with a soft inhale into that space, as it opens.

Take a long, slow inhale as the entire line opens. Breathe into **every** opening space.



Focus the lesson that you are giving to your nervous system.
Re-claim the dynamic breathing space of the body, in every direction.