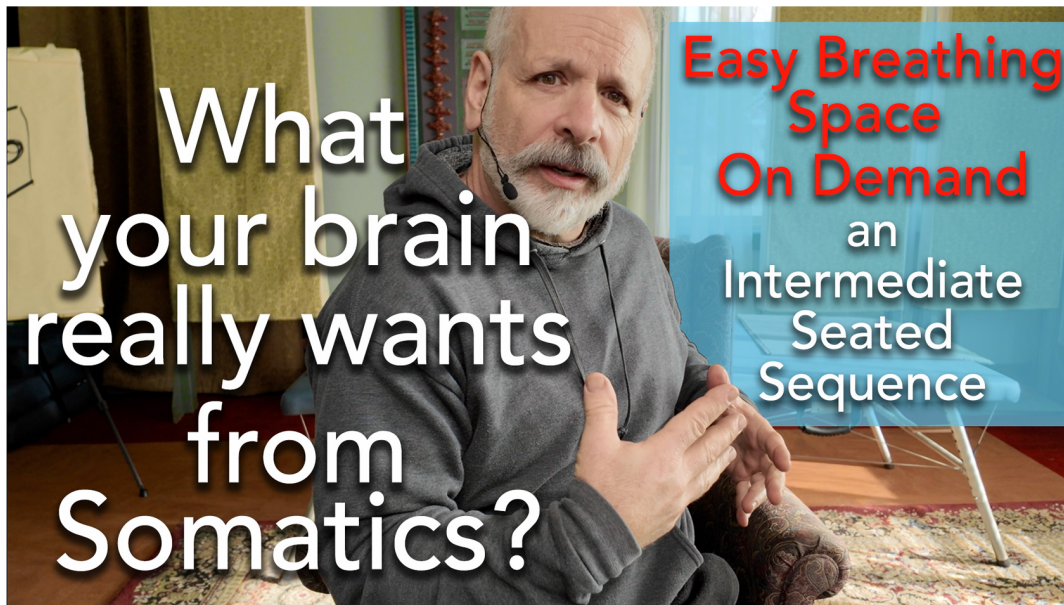


# The Easy Breathing Space On Demand Technique

A **must-know** method to help your brain claim your breathing space



This seated Somatics On-Demand Easy Breathing Space Technique helps restore your natural breathing space—gently.

It's not about stretching and forcing; it's about teaching your nervous system to allow the space to open.

You can apply this technique to almost all of the Eric Cooper Somatics Method Movements.

- 1) Create a contraction of the torso, the breathing space.
- 2) As you hold that contraction, breathe in to gently find the limit of the closed space. Don't force it. Not to a stretch. Gently up against the limit
- 3) As you release the contraction, breathe directly into the opening space.
- 4) Where does the breath not know how where go? Where is the brain confused about easy breathing space access?

#### **In the next cycle**

- 5) Focus the contraction at that specific confused place.
- 6) Hold that contraction as you breathe gently against the constricted limit.
- 7) As your relax and open the contraction, focus the continuation of the breath directly into that confused place.

**Repeat as needed**, until the brain clearly understands that place can breathe easily.