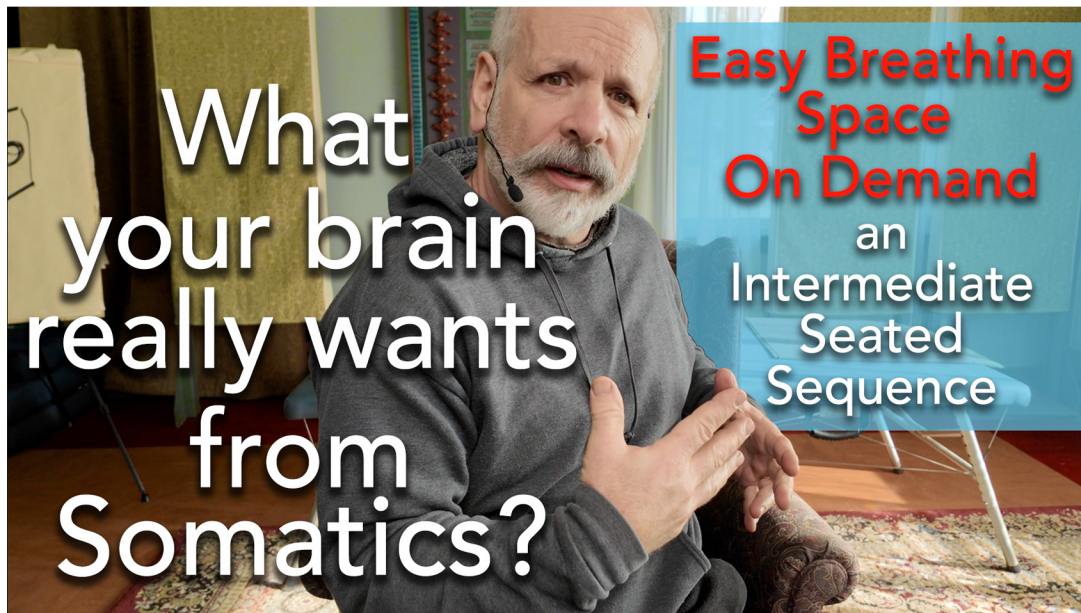


The Easy Breathing Space On Demand Technique

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



On
YouTube
5m:51s



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) Breathe in to gently find the limit of the closed space. Don't force it. Not to a stretch.
- 3) As you release the contraction, allow the space to slowly open, continue to breathe 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) Breathe in to the gentle limit.
- 7) As your relax and open the contraction, focus the continuation of the breath into that confused place.

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