



Breath Liberation Practice

Expansion

*I expand, expand, expand – how can this be – yet
I feel it, my boundaries giving way as energy and
awareness refuse to be contained.*

*Something nudges me to leave behind my skin,
like a garter snake at molting time. I expand,
expand, expand again until I am profoundly
disoriented. What am I without the face I've
always worn, without the skin that holds me in?*

*I gasp as the broad sky meets my opened eyes
and then expand, expand, expand again until the
molecules of me disperse between the clouds –
yet, strangely, also coalesce where I am sitting.*

*The thin veil that separates me from everything
parts in that instant, a pure and simple gift of the
Infinite.*

Danna Faulds



A note from Anandi

Welcome to the world of the breath. I'm always so surprised that in the West, little attention seems to be paid to the power of the breath. Even during physical education at school, I never remember anyone teaching me about breathing. Sport was all about winning the game, never about health and inner peace. In the East, however, it is a completely different story, one that goes back in time to an ancient Indian scripture called the *Rig Veda* and beyond. India's love affair with the breath continued with the famous epic *Ramayana*, where the charming monkey god Hanuman symbolises breath. Light as a feather, he moves swiftly and is able to fill expansive and minute spaces alike. He epitomises the profound power of love and is ready to serve humanity with all his strength and creativity.

According to the Indian wisdom tradition, the breath is a tangible aspect of the spirit that puts us immediately in touch with the divine. The moment we start focusing on the breath, the inner gates of our being start to open. If you look up the Latin word *spiritus*, you will see that it means breath, breathing, inspiration, light breeze, spirit, and energy. The breath, therefore, is indeed worth the exploration.

Until now, you may not have realised that the breath impacts everything you do, especially sleep. Within



“As we become more connected to the breath, we experience Hanuman's qualities of groundedness, clarity, and courage.”

your breath is the story of who you are. By really paying attention to it, you can find both what is out of balance and what you need to do about it.

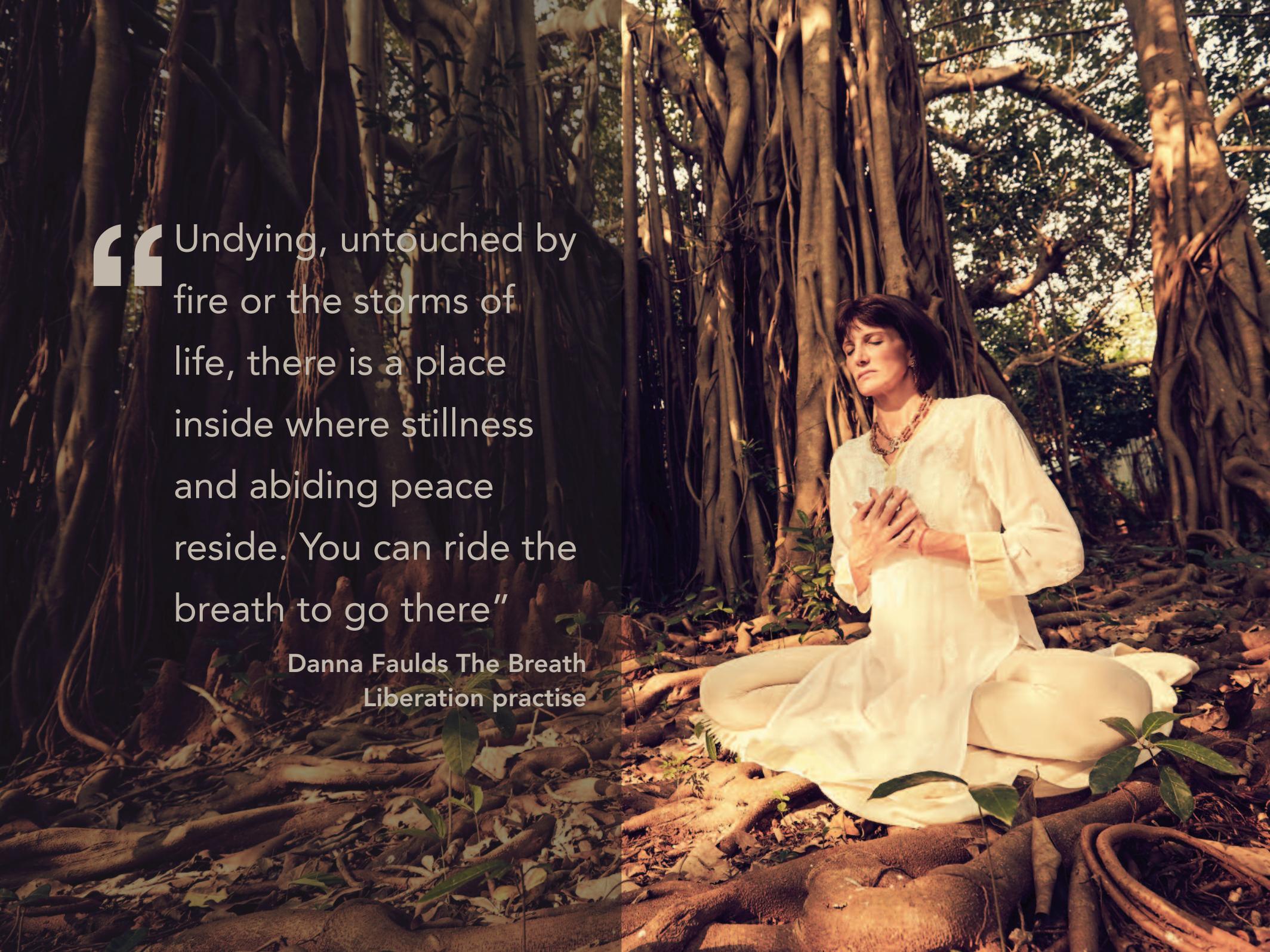
It is important to bear in mind that this practise is not an intellectual process, just as breathing is not something you usually do consciously. By surrendering to and focusing on the breath, we experience a deep, profound, and nourishing power that we would otherwise spend our entire lives unaware of.

Enjoy this practise.

With love

Anandi

TSG
THE SLEEP
GURU

A woman with dark hair, wearing a white long-sleeved dress and a necklace, is sitting in a meditative pose on a white mat on the forest floor. She has her eyes closed and her hands are clasped in front of her chest. The forest is filled with large, ancient trees with thick, gnarled trunks and many aerial roots hanging down. The lighting is warm and golden, suggesting late afternoon or early morning. The overall atmosphere is peaceful and serene.

“ Undying, untouched by fire or the storms of life, there is a place inside where stillness and abiding peace reside. You can ride the breath to go there”

Danna Faulds *The Breath Liberation* practise

The Breath Liberation Practice

Yoga postures are designed precisely for making space in the body and allowing room for the breathing process. I have created this practice specifically for increasing the capacity for volume by mobilising the upper chest and back through my own experimentation and working with amazing teachers like Leslie Kaminoff and Yogi Vishvketu. The average lung capacity in an adult male is six liters of air, of which only a small amount is used during normal breathing. Some free divers can increase their lung capacity up to fifteen litres. For this to happen, the thoracic cavity would need to be completely free and unrestricted. Tight muscles and poor posture needs to be corrected. Even if we could tap into some of the potential the breath has to offer, we would feel more alive.

These exercises are simple and easy to do. The whole practice will take you just thirty minutes. If you make the breath liberation practice part of your daily routine for at least thirty days, you will soon



“Even if we could tap into some of the potential the breath has to offer, we would feel more alive.”

start noticing that you are able to lengthen your breath and expand your chest with ease.

If you make the breath liberation practice part of your daily routine you will soon start noticing a profound sense of freedom, not just in relation to your breath, but also your mental and emotional body.

Let's get started!

Cat Cow

Wakes up and mobilises the spine and upper back.

How to:

Come into a table position with the knees hip-width apart, the fingers spread out and hands aligned with the shoulders. Take an inhale and exhale here. On the next inhale, look up and imagine there is a golden cord running through the navel that is pulling your navel down towards the earth. On the exhale, tuck the chin back towards the chest and imagine that golden cord is pulling the navel towards the heavens, round the spine as much as possible, especially the upper spine. Now close your eyes and continue the inhale and the exhale with the movement. Continue for 20 breaths.



Magic chest opener

Lifts the sternum and opens thoracic cavity.

How to:

Sit on a chair or cross-legged on a cushion. If you are sitting on a cushion, make sure your knees are slightly lower than your hips to stop your spine from collapsing. Inhale, raise arms up at the side of the body, hold the breath, bring the arms down without moving your shoulders or dropping the sternum, then exhale maintaining the more open posture. Inhale fully, exhale fully. Continue for 10 sets.

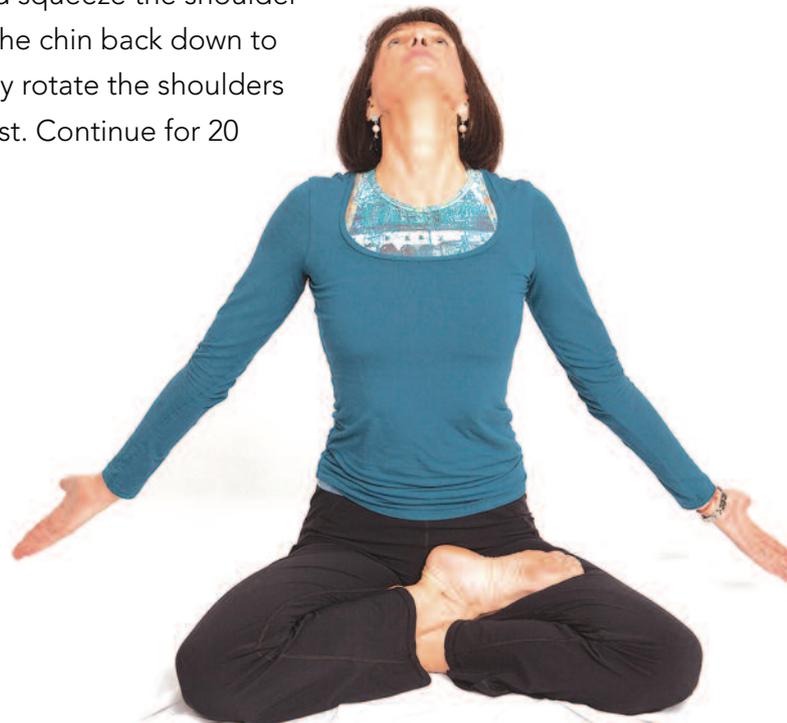


Shoulder opening

Mobilises and relaxes the shoulder and chest muscles.

How to:

From a seated position on a chair, or sitting on a cushion (if on a cushion, make sure your knees are slightly lower than your hips). Keep your back straight and your arms relaxed down the side of your body. Inhale, gently look upwards and externally rotate the arms and squeeze the shoulder blades. As you exhale bring the chin back down to the collar bones and internally rotate the shoulders forward and squeeze the chest. Continue for 20 breaths.



Lateral side bend

Stretches the side ribs.

How to:

Sitting a yoga mat or an armchair:

If you are a chair, put right arm on the arm of the chair, inhale, raise left arm rotating the shoulder internally so that the palm of the hand faces inwards, and reach the left arm over towards the right side. Keep both sitting bones with contact on the chair. Keep the length in the ribcage so you are not collapsing into the kidney area. Take 3 breaths here. Inhale, come back up and exhale, release the arm back down to the side. Repeat the other side. Continue for 5 sets. If you are a yoga mat, exactly the same process, you may have the supporting elbow on the ground or the hand on the ground.



The thumb-clasp chest opener

Expands the chest and the lungs.

How to:

Clasp the thumbs behind your back with your arms as straight as possible. As you inhale, bring your arms upwards as you roll your shoulders back and down. Take 5 breaths here.

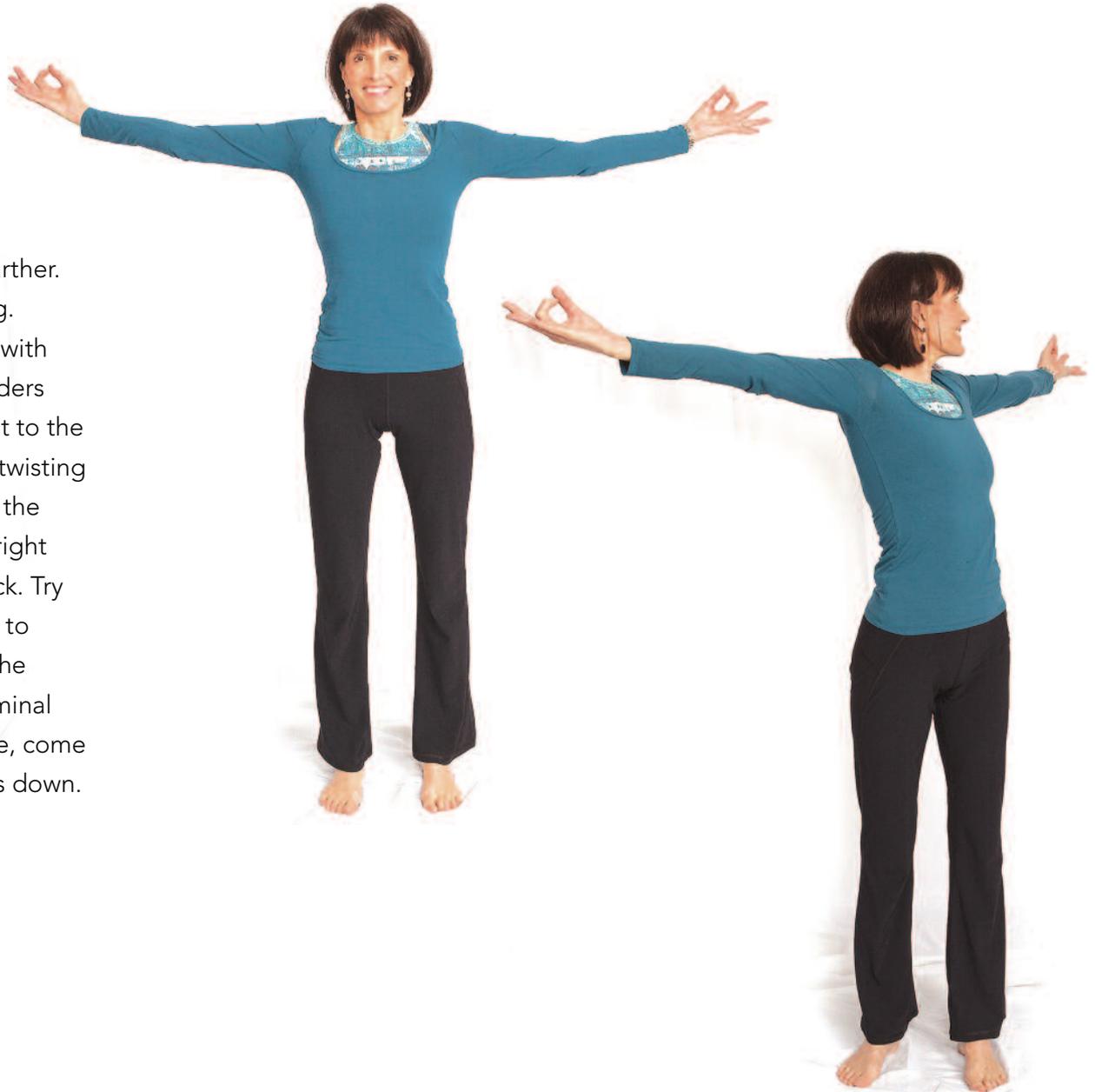


Katichakrasasana

Expands the chest, mobilises the upper spine.

How to:

Stand with the feet hip-width apart or a bit farther. Keep feet parallel even when you are twisting. Inhale; raise the arms out to shoulder-height with the palms facing upwards. Release the shoulders down, rotate arms externally. Exhale and twist to the right-hand side keeping the chest open and twisting through the ankles, knees, hips, waist and all the way up the spine to the neck. Look over the right shoulder, as far as is comfortable for your neck. Try to keep the arms at 180 degrees. Careful not to sway back, keep the tailbone tucked under, the muscles in the legs engaged and your abdominal muscles engaged. Take 5 breaths here. Inhale, come back to the centre, exhale, and float the arms down. Repeat the other side.



The eye gaze

Excellent for mobilising the upper spine and opening the chest

By fixing the eyes on the hands and limiting the movement of the eyeballs as you move the hands and follow them with your gaze, you will be amazed at which parts of your body actually move.

How to:

Stand, feet hip-width apart, with your hands down by your sides. Look down at your hands, start moving your hands out to the left, upwards, sideways....just play with the moving hands, but keep your gaze on the hands. Do the same from the right side. Continue for 1 minute.



Savasana

Prepare your yoga mat, or you can lie on your bed. You can lay flat, or have something under your head and something under your knees to take the pressure off your back.

Keep your legs wider than your hips and let your feet falling apart. Bring your arms away from your body with your palms facing up. Shoulders relaxed and away from the ears.

Take a few deep inhalations and very long exhalations. Just let go of any tension in the body and relax for at least 10 minutes.



What others say about working with Anandi

"I left Anandi's retreat able to breathe more deeply and relax more fully as a result. I know that it will help me sleep better. Along with the practices I learned at this beautiful retreat, I highly recommend Anandi's teaching to anyone anywhere."

Judy Boyce MD

"Enlightening, informative, restorative and inspirational"

Jane Famous

"Absolutely lovely and exceeded my expectations"

Linda Heagerty

"Beautiful and enriching and life changing. The workshops were excellent and fascinating. Definitely exceeded all my expectations and I am so glad I came."

Lesley Davies

"All in all fabulous. Anandi manages to combine extensive knowledge, skilful teaching techniques with a warm and empathic management of 'everything'. Her generosity of spirit towards the whole group was remarkable"

Katie Foster

About Anandi

Anandi's journey started in the fitness industry in 1986. A born leader and teacher, she found herself teaching others throughout her career in fitness, beauty and wellness. She has appeared in the press all the major glossies including Cosmopolitan, Women's fitness, Psychologies and the London Evening Standard. Anandi, author of *Breathe Better, Sleep Better*, professional credentials are:

Ayurveda consultant, approved by the International Practitioners of Holistic Medicine

Qualified NLP instructor and hypnotherapist

Chopra-certified Primordial Sound Meditation Instructor

Registered Senior Yoga Teacher (Approved by The Yoga Alliance)

Mentee of the late Georg Feuerstein, and graduate of 800hrs of yoga philosophy

Akhanda Yoga Teacher Trainer

*Author *Breathe Better, Sleep Better**



Stay Connected



Facebook [Facebook.com/Anandithesleepguru/](https://www.facebook.com/Anandithesleepguru/)



Twitter [@anandisleepguru](https://twitter.com/anandisleepguru)



Instagram [instagram.com/anandi_sleep_guru/](https://www.instagram.com/anandi_sleep_guru/)



Linked in [linkedin.com/in/alisonhfrancis](https://www.linkedin.com/in/alisonhfrancis)

TSG
THE SLEEP
GURU