

## MONTHLONG COACHING IMMERSION VIDEO SERIES

### Experiential Video 1

This video includes two processes: Yes Breath and Welcoming Experience.

#### Key Concepts:

- You create from your present state of being. If your nervous system is in a state of adrenalized fear, your ability to make choices is limited to being reactive vs. being truly creative. In order to create the changes you desire in your life, you need a calm and stable nervous system, which correlates directly with your capacity to be present with yourself. In Yoga, this presence is sometimes called witness consciousness. I'll simply refer to this as presence.
- Your breathing and body movements are gateways to your essence and inner power and creativity. Balanced breathing calms and strengthens the autonomic nervous system, and moving your spine gently in a specific way as you breathe helps to relax the muscles along the spine and create an experience of connection with your body-mind system. This breathing practice, called Yes Breath and created by Gay & Kathlyn Hendricks, is familiar at some level already. We make movements like this when we are in utero. Yes Breath spinal movements are a “back to the basics” practice of natural physiological movement and breathing.
- Change begins from how you are here and now. It's not possible to jump ahead to create, until you learn to presence yourself here and now. It may seem counter-intuitive that being present with how you are now is positive even if you are experiencing feelings you label as negative. What's true is that you being present here and now and allowing your full experience actually frees the energy of your feelings to easily move through and frees you to create something new, something that you want.
- Results you can expect from regularly practicing yes breath and welcoming experience are: a sense of flow, an increased sense of peace and an inner softening, and a release of emotions that have been pent-up or denied. All feelings are made of the same stuff – your energy. And flow is good!

#### Practice Guidelines:

- Practicing Yes Breath may feel awkward at first as you tune into your spine and move your body this way. Feeling awkward is sometimes a part of the process when you practice something unfamiliar, and undo old patterns of stiffness, inhibited breath and movement, etc. I invite you to be friendly and patient with yourself as you learn. This means you are in charge of the size and the intensity of the movements you do – do them in a way that feels good to your back, and comfortable! Bigger is not necessarily better. Remind yourself that feeling awkward is ok. You are not having the wrong experience; you are having the perfect experience. Practice gently and in a



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way that your body likes: the movements can be bigger or smaller as you enjoy.

- As you move your spine and breathe, your breathing will begin to open up. As your breathing opens up, you will open to your present experience and begin to notice how you feel. Is your body tired, rested, energized, sluggish, zingy, or something else? Practicing Yes Breath, you will become more aware of your present energy state and feelings, and becoming aware of how you are inside is a good thing. When you know how you are inside through your actual embodied experience, you come into alignment with yourself; you become available to yourself. Being with yourself, presencing yourself, in whatever physical, energetic, and feeling state you are experiencing is an act of compassion, love, strength and power and an important first step toward creative change.

How To:

1. Open your arms and intend a whole body, whole heart welcoming yourself and your experience. Have the intention to welcome your experience just as you welcome and hug a loved one. Notice the difference between welcoming and pushing away. Choose welcoming, and be willing to choose welcoming again and again. Step into the welcoming space you just created.
2. In a comfortable sitting position with your sitz bones on a chair, and feet flat on the floor, gently roll forward and back over your sitz bones to feel your whole spine move. Move slowly, and choose a size of movement that feels good in your back. Adjust the movement to your comfort.
3. Add your breath, inhaling as you roll forward over your sitz bones and feel your belly and chest area open, and exhaling as you roll backward over your sitz bones and feel your back body open. Balance your inhale and your exhale.
4. Now practice Yes Breath in a standing position, with your feet wider than your hip joints, and your knee joints slightly bent. Start by moving your spine, gently moving your tailbone backward, then forward. Feel how initiating with your tailbone invites movement into your whole spine. As you are ready, gradually add breath to your spinal movements – inhaling when your belly and chest are open, and exhaling as your back body opens.
5. Eventually consider adding your arms to welcome on inhalation, and hug in on exhalation.
6. Consider keeping a daily journal, where you make a few notes about your experience today. How are you today? How did your practice go? What did you discover? Did any inspirations or intuitions arise for you today that you'd like to make a note of?

Invitation to a New Reality: Connecting breath and movement to invoke presence and discover how you are opens the space for you to notice your state of being more frequently, including noticing when you are



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not with yourself at all, with the possibility of choosing to practice Yes Breath and Welcoming to reconnect with yourself. The context of connecting with yourself is essentially pleasurable, regardless of the specific content (mood, energy level, body sensations, etc.) you discover. The more you practice, the more you discover the pleasure and power of connecting with yourself.