



Breathing – Not Breathing. Breathing – Not Breathing

Exploring Your Personal Dynamics of Breath Holding

A Breathable Body and Continuum Workshop

Saturday and Sunday, Nov 20 & 21, 2021
10am – noon each day PT

Zoom Online with Robert Litman creator of
The Breathable Body

All sessions will be recorded

We all hold our breath at different times during the day. When breathing stops, all movement stops. Stopping movement for moments can help to focus attention on a specific task or thought. Then breathing starts again and movement begins with new information gathered while not breathing.

Problems can arise when the breath is being held from being scared, fearful, avoiding difficult feelings or any other emotional reason. This can become a habit, a behavior that repeats itself throughout the day. The habit can then carry over into sleep causing sleep disturbances, sleep apnea, insomnia, snoring and night terrors. The repetitiveness of intermittent breathing dysregulates the metabolic stability of the body.

Suspending breathing for a moment or two is not the only way that breath is held. Breathing can be contained or held to a small space and not allowed its full capacity by too much body tension. Breathing requires a flexibility that can accommodate a full range of expansions and contractions to meet the moment of what the body needs.

This class is an invitation to explore your personal dynamics of breathing and how you personally may or may not be limiting the potential of your breathing to provide nourishment and support for a healthy and vibrant life.

Continuum Moving Inquiry provides a vehicle for exploring the internal life of the body and bringing to consciousness what has

been previously obscured. Revealing how we can find more room for the life of the breath within. The more we are nurtured by our breathing the more at home we can feel in ourselves and to be able to release the patterns of containment that have restrained the pleasures of breathing.

Continuum's purpose is to focus your attention and awareness on the inner landscape of your body so that you can learn how to live from your inner mindful life. Each person is on their own trajectory. This is not a performance class but a time to spend with yourselves with engagement, partnership, curiosity, discovery and the mystery of how breathing ignites life. The tools needed for your exploration are sounds, breath and the willingness to follow the already present movements of the inner body.

The class is over a two-day period so that you will have time to learn, practice, be on your own and then come back to class to deepen your discoveries and hearing how and where we have travelled and learn from each other.

Participation fee is \$100. Payable via PayPal, Venmo, Credit Card, check or Zelle.

To register please email Robert at robert@thebreathablebody.com.

For more information:
www.thebreathablebody.com

For more information on Continuum:
www.continuumteachers.com and
www.wellspringsofcontinuum.com