

Vladimir Vasiliev - Breath & Body Drills

Every movement has an optimal breath pattern and type of breathing.

Every person has an optimal breath to match his movement.

Warm up: inhale through the nose, exhale through the mouth

When you inhale, feel that you are putting the air through the brain and to the top of your heart.

It is important to reach both of these organs because when you have fear, those are the two organs responsible for keeping you alive

When you reach the brain and the heart with your breath, your body begins to relax

Warm up: relax yourself with burst breathing without moving

Now go into a push up position and continue the burst breathing

Shakiness in the arms can indicate that you are cleaning your nervous system

Continue burst breathing in a knee push up position

Be sure to have straight posture when you recover

Warm up: squat down slightly and keep burst breathing

Find the best type of breathing to recover

Squat deeper and continue burst breathing

Stand up to recover

Squat even deeper and burst breathe

Use your entire body to breathe

Shakiness in the legs can indicate that you are cleaning your nervous system

Drill: lay down on your back and burst breathe

You prepare for the next exercise by burst breathing

Drill: lift your legs to half range and burst breathe

Bring them down and check to see if your psyche can breathe nice and easy

Lift your legs to any point in the range and find the best rhythm of breathing to help you hold this position

Recover by bringing your legs back down and breathing through the brain and heart

Breathe through your whole body

Find the best rhythm to relax

Drill: resume short breathing to get up. Then find the best breathing to be comfortable

Drill: slow core exercises at your own pace, as slow as possible

The core exercises are: push ups, leg raises, and squats

Tip: Be sure keep your shoulders relaxed while you squat

Two types of tension we have in our lives:

1. All-in-one tension (your whole body or limb tenses up)
2. Gradual tension (knowledgeable and controlled tension)

You can do these exercises laying down or in standing

Drill: prepare by short breathing

Feel the floor with your back, pelvis and back of your head

If you are standing, feel the floor with the entire soles of your feet

Drill: Lift up your right arm on the inhale, tense up the whole arm all in one, and on the exhale, relax all in one

The arms could be in various positions of elevation

Do the same with the left arm

Feel the arm muscles as one unit

Tense up the arm at various speeds

Try very fast tense, relax, inhale, exhale

Matching your tensing with your breathing

Do it with both arms

At the same time. Then try to tense up the arms at various speeds and various degrees of tension

If you have a partner, as you are tensing, grab your partner by their arm. You can also grab an object close by

Drill: gradual tension, start to tense up the finger tips, hand, forearm, upper arm and then relax it gradually as well

Find the best breathing for yourself to do it

Make sure that you are only working with the arm muscles while the rest of the body remains relaxed

Do it 5-6 times on the right arm and then switch to the left arm

Try the gradual tension with various speeds

Make sure your arms don't bend as you tense up. The arms should stay in the same position

Now try gradual tension slowly in one arm and at a faster speed in the other arm

Try very fast with one arm and very slow with the other arm, but keep your neck and body relaxed

Drill: power tension - all in one tensing of the arm on the inhale, but continue the tension on the exhale

Then, inhale and exhale to relax

The arm should feel twice as heavy on tensing this way and then twice as relaxed when relaxing this way

Drill: tense up your leg with all in one tension
Inhale tension, exhale relaxation
Make sure your whole body is comfortable and you feel the floor
Now do the same, but with the other leg
Try various speeds

Now work with two legs, tensing them up at the same time and at various speed

Try various degrees of tensing. For example one leg is 75% tension and the other at 25% tension

Drill: gradual tension, start tensing up the leg from the toes and up to the hip in a wave motion
Use short breathing

Tip: while you are trying to figure out the drill, it is better to start with burst breathing. As soon as you are comfortable, you can do any breath that works.
Now do the same, but with the other leg
Do not rush, take your time to understand the control

Drill: try different speeds of tensing in each leg
Start with inhale, tense up, then exhale and relax
Do gradual tensing in one leg and all in one tension in the other leg

Drill: inhale, start building gradual tension, exhale, continue building gradual tension.
Inhale start relaxing, exhale continue relaxing
This pattern will create double the weight and the power in the leg and double relaxation

Take your time to feel the control
Let your breathing create the wave of tensing
Drill: lay down on your back and do all in one tension in your arms and legs with short breathing
Check your chest, make sure your core is still relaxed

Try variations: tense your arms, then tense your legs, then arm and leg on one side, then the other side, then altogether...etc.

Drill: inhale start tensing up the arm and the legs, exhale, and continue tensing. Inhale and start relaxation and exhale and continue relaxation

Drill: do the same in a standing position
Now do the same thing, but from standing and walk once you relax

Notice how your body will move a little differently
This exercise gives you workable tension where you are relaxed, but the arms are heavy

Drill: lie down, tense up the stomach, all in one, on the inhale and relax on the exhale

Drill: gradual tensing of the stomach from the bottom and up as a wave on the inhale, relax as a wave on the exhale

Drill: start to tense up on inhale, continue tensing up on the exhale. Start relaxing on inhale and continue relaxing the stomach on exhale

Drill: do the exact same wave exercise, but from standing
Then do the same with all in one tension

Drill: all 3 breathing patterns with stomach tensing in standing (all in one, gradual and doubled inhale and exhale)

Drill: do the same 3 tensing patterns with your chest
Notice how much stronger and comfortable your arms are

Drill: do the same 3 tensing patterns with your back muscles
Try to localize the tension to the back only, not chest

Drill: try to build tension starting with the external anal sphincter. Move that tension up into the organs - as a wave

Tense the entire body as one - muscles and organs and relax
You can tense up and relax a little slower, but make sure that it is all in one
Now breathe with gradual wave tension
Don't forget your fingers and toes
Neck and face
Your whole body

Drill: now do the doubled breathing - start tensing the whole body on the inhale and continue tensing on the exhale. Start relaxing the whole body on the inhale and continue relaxing on the exhale
Do short breathing as you stand up

Drill: do all 3 tensing patterns while standing