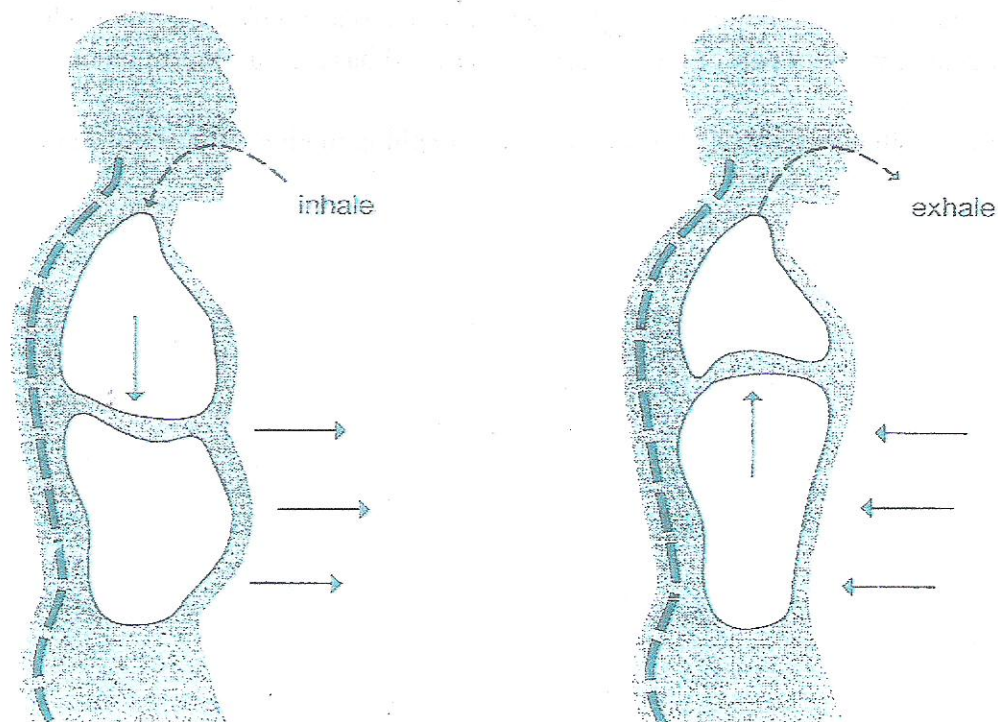


Dantian (丹田) breathing method

Dantian is the chinese name, it means the centre or the storage of the energy, it is located 3 finger breath bellow belly button and 3 finger depth inside, it is also the centre of the gravity

Dantian breathing method enhances qi and promotes relaxation. According to traditional chinese medicine, every living thing has internal life energy circulating inside the body, this is call qi, strong and well balance qi bring good health and long life. Dantian breathing has a calming and relaxing effect as we take fewer but more effective breaths. We absorb more oxygen and release more waste products with each breath.

Visualise as you breathe, the air travels through your nose, down your trachea (airway to the lungs), filling the lungs and then the abdomen. Your abdomen is filling up with air, making it bulge gently outwards. As you breathe out, the abdomen gently contracts. Visualise the air expelling from the abdomen, lungs, trachea and finally through your nose. (Physically, air doesn't enter the abdomen. This is a method using guided imagery to help utilize your diaphragm to open up more air space in your lungs.). When doing this, focus at keeping the upper part of your abdomen as still as possible and only move the lower abdomen with breathing gently. Relax your lower abdominal muscles as you breathe in, and gently contract them, along with the pelvic floor muscles, as you breathe out.



To help you feel better, place one hand below the rib cage, somewhere the stomach is, the other hand below the belly button. Inhale slowly, imagine the air go through your nose, feel up the lung, bypass the part of your upper hand, (the chest should move only slightly), fill up the lower abdomen and gently expand it as though air blow up a balloon and push your hand up. Slowly exhale, gently contract the lower abdomen muscles to completely evacuate the remaining air from the lungs. The key is to keep the upper hand as steady as possible. Use of the hands on the chest and abdomen are only needed to help you train your breathing. Once you feel comfortable with your ability to breathe into the abdomen, they are no longer needed. In general, exhalation should be twice as long as inhalation.

Although the diaphragm is the primary breathing muscle, it is believe that most people have little understanding of either diaphragmatic breathing or deep, abdominal breathing. Our diaphragm moves very little, and we seldom use our abdomen and belly to help us breathe. Though most of us engaged in abdominal breathing as babies and young children, we have gradually become upper chest breathers. The end result of our poor breathing habits is not only insufficient oxygen to our brain and the other cells of our body, but also insufficient movement in our internal organs and in the fluids upon which our health depends. Without this oxygen and movement we quickly become susceptible to illness and disease.

The diaphragm is 2 large dome-shape structure located between the chest and the abdomen. When we breath fully and deeply, the belly, lower ribcage and lower back all expand on inhalation, thus drawing the diaphragm downward into the abdomen, this causes a negative pressure within the chest forcing more air into the lungs. By expanding and contracting the lower abdomen, the diaphragm is pull down/contracted and expand/relaxed, that way it open up the lung space, by doing so, it make people relax. In term of Tai Chi, this is a good way to improve your energy and qi. In deep, abdominal breathing, the upward and downward movement of the diaphragm, combined with the outward and inward movement of the belly, ribcage, and lower back, helps to detoxify our inner organs, promote blood flow, and pump the lymph more efficiently through our lymphatic system. The lymphatic system, of course, is an important part of our immune system and has a great impact on our health.

Practise this as often as you can. You can use this breathing method almost anywhere.