

## Restorative Breathing: Guided Practices to Restore Vitality to the Mind and Body By Natalie Masson, Ph.D.

*This CD provides guidance for practices designed to restore the body's natural potential for optimal breathing. The way we breathe can significantly affect our physical health and emotional state. There are numerous ways in which thoughts, attitudes, and physical habits can interfere with natural breathing. The practices shared in this CD, present a mind-body approach which helps pave the way for the body to discover a breathing style that supports emotional balance and physical health.*

### **PART I: Introduction (Approx 20 min)**

- Track 1 – Overview: Brief introduction to the purpose of Restorative Breathing and the importance of balanced breathing
- Track 2 – Philosophy: Brief explanation of the mind-body theories behind this approach
- Track 3 – Postures : Detailed guidance on postures used in the guided practices
- Track 4 – Practice Guidelines: Suggestions for how to use this CD.

### **PART II: GUIDED PRACTICES (Approx 60 min)**

- Track 5 – Centering : mindfulness meditation to increase self-awareness, develop mental focus, and clarify intentions for the remainder of the session. Encourages awareness of sounds, breathing, body sensations, emotions, and thoughts.
- Track 6 – Aligning: guidance for aligning the mind with an orientation that supports development of optimal breathing (e.g., non-judgment, acceptance, distress tolerance, patience); based mostly on mindfulness principles, and also drawing from somatic psychology approaches to working with emotions and sensations in the body.
- Track 7 – Synchronizing: gentle movements to coordinate breathing and movement, increase circulation, and heighten body awareness. Includes progressive muscle relaxation and guidance to help develop an effective attitude toward tension in the body.
- Track 8 – Expanding : a series of postures combined with mental focus to create openness and flexibility in the torso so that the breath can expand more easily into the entire torso. Based largely on teachings by Donna Farhi and Dennis Lewis.
- Track 9 – Settling: a blend of guided awareness exercises while lying in stillness, to further develop breathing awareness and to encourage the breath to flow naturally. Positive imagery, guided relaxation, and heart-centered meditation are woven into this series.
- Track 10 –Transitioning: closes the series with a mindful check-in with the breathing, the body, emotions, and thoughts. Revisits prior intentions, and sets intentions for transitioning forward from this practice.