

Breathing Cycle Technique

Improves:

Lymphatic circulation

Blood circulation

Nerve Circulation

Meridian energy flow

Energy flow though the connective tissue

Digestive function

Liver detoxification

Pelvic health (increase sensual, sexual function
and fertility)

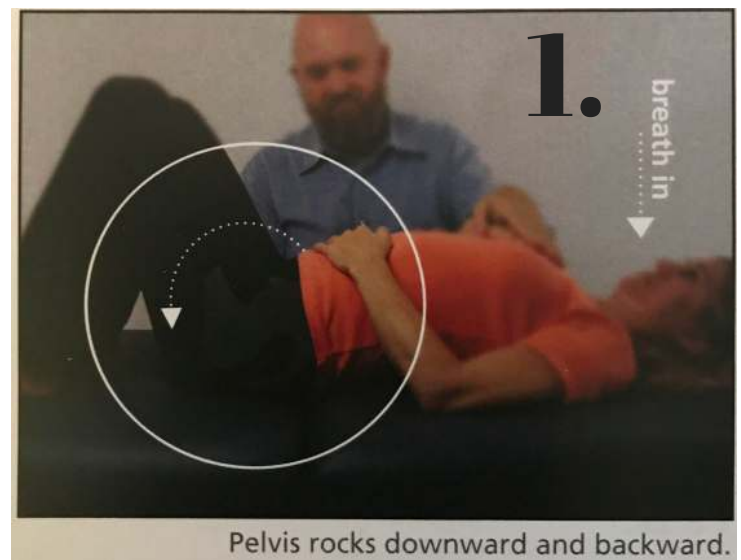
Spinal regeneration

Lower back pain relief

Exercise awareness

Instructions:

1. Do 10 exaggerated rocks with legs bent
2. Do 10 exaggerated rocks with legs down
3. Spend at least 2 minutes of breathing naturally while focusing on feeling the subtle rock of the pelvis
4. Go to sleep



Pelvis rocks downward and backward.



Pelvis rocks upward and forward.

Note:

- Avoid performing this exercise more than 20 repetitions at one time.
- Perform at bed time for best practice.
- If rocking with legs extended aggravates your condition please do not perform that part of the technique.

This technique is an official BodyTalk technique created and developed by the international BodyTalk Association