

## "Connecting Parts into a Whole": Breath Support for Movement, Function and Performance

*Irena Paiuk (CMA, MscPT, DNS practitioner)*

"Movement rides the flow of breath" (I. Bartenieff). Breathing is a multifaceted and complex phenomenon. It provides physiological support for all life processes and is inter-related with 1. Movement and postural demands; 2. Level of ANS (Autonomic Nervous System) arousal; 3. Health status; 4. Individual's attitude, intentions and emotions.

R. Laban stated that "Breathing is the central liberator and controller". It is a "Container" of our inner world. It could be recuperative as well as exertive. It stabilizes us and it mobilizes us, and is a Core Part of any kinetic chain. Therefore, recognizing breathing patterns might add meaningful content into the therapeutic encounter.

We understand movement through recognizing and analyzing patterns. Pattern is a habitual way of executing movement sequence to fulfil the intent.

BPD (Breathing Pattern Disorders) are unsupportive and inefficient respiratory patterns which have widespread effects on our wellbeing in general and on musculo-skeletal system in particular, with associated changes in function and quality of movement. For that reason, assessing and treating BPD should take into consideration the manifoldness and the complexity of breathing. Moreover, re-patterning process should address expanding the level of somatic awareness and identifying personal habitual breathing behavior as a first step to change.

During the workshop we will deepen our knowledge and awareness about the following themes:

1. **Analyzing the components of "Breath Support"** from structural, functional, postural, mental and emotional perspectives;
2. **Breathing Pattern Disorders (BPD) and their relationship to our wellbeing:**
  - BPD in Musculoskeletal Pain Syndromes & Dysfunctions
  - Hyperventilation Syndrome (assessment & clinical approach)
3. **Making Connections:** integrating manual techniques, positional & movement & vocal strategies, spatial awareness and imagery cues to expand breathing potential and facilitate Breath Support re-patterning.

Workshop's themes will be conducted through frontal lectures, experiential movement classes and a practical labs.