



"The Why and the How of Breathing" – *Breathe Support* for Movement, Function, Performance and Expression, in Health and Disease.

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During the course three main topics will be covered:

1. **"The Why of Breathing"**: Breathing Biomechanics, Synkinesis, and Breathing Strategies that might support or disrupt movement and function in health/sport and disease; Dynamic Alignment of the Kinetic Chain and its effect on Breathing.
2. **Breathing Pattern Disorders (BPD)**:
 - Evaluation of BPD in Musculoskeletal Pain Syndromes & Dysfunctions (LBP, neck pain, SIJ, CFS, TMJ)
 - Hyperventilation Syndrome (assessment & clinical approach, including Capnometry & Capnotraining)
3. **"The How of Breathing"**: an integrative treatment approach (manual techniques, breathing re-patterning using positional & movement & vocal strategies according to Pilates, Laban, PNF and DNS; Strategies to improve Dynamic Alignment of the Kinetic Chains and Breathing).

Learning objectives:

By the end of the course the participants should be able to:

- Understand the role of breathing as a "Delivery System" on multiple somatic layers: physical, mental, emotional;
- Understand the multitasking role of diaphragm and state the interdependence between breathing and postural control;
- Explain the relevance of BPD to core stability, postural stability and dynamic alignment;
- Understand the main etiological features of BPD;
- Evaluate different breathing patterns and assess their functional efficiency;
- Perform the following: "Positional strategies", "Manual techniques", "Movement strategies", "Vocal Strategies" & "Dynamic Qualities of Movement" ("Efforts" in Laban) to enhance the desired breathing pattern;
- Integrate breathing into functional and performance training;

The course's themes are conducted through frontal lectures, experiential Movement Labs to enhance Self-awareness to breathing, practical lessons and case studies.

