



## Lesson 11:

# Improving Results in the Connection Phase

Building awareness and regulation within our clients

What is meant by the term *down-regulate*?

What are the three points of contact used for the three part breath?

Describe the basic movement of the *yes breath*.

How can you tune the instrument of the body 'up' through the breath?

How can you tune the instrument of the body 'down' through the breath?

Spend a moment breathing with the intention to expand your inhale down into your pelvic bowl and up to the crown of the head. What do you notice?

