Breathe-and-brace tables: find out what your breathing does!

Self-test: which body parts expand when you breathe when sitting slumped?

Breathe in while fingers and /or thumbs press into:	Amount of movement under fingers/thumbs?	Neck and torso feel comfortable?	Helps me feel "lengthened relaxed and aligned?"	Shape of spine remains undisturbed?
	1 to 3 ticks: $\sqrt{\sqrt{1}}$	1 to 3 ticks: $\sqrt[4]{\sqrt{\sqrt{1}}}$	1 to 3 ticks: $\sqrt[4]{\sqrt{\sqrt{1}}}$	1 to 3 ticks: $\sqrt{\sqrt{\sqrt{\sqrt{1}}}}$
Lower tummy				
Mid tummy & lumbar		Yes/no,	Yes/no,	Yes/no,
Upper tummy		comments!	comments!	comments!
Lower back ribs				

Self-test: which body parts expand when you breathe when tall & relaxed with your back supported by a chair back?

Breathe in while fingers and /or thumbs pressing into:	Amount of movement under fingers/thumbs?	Neck and torso feel comfortable?	Helps me feel "lengthened relaxed and aligned?"	Shape of spine remains undisturbed?
	1 to 3 ticks: $\sqrt{\sqrt{\sqrt{1}}}$	1 to 3 ticks: $\sqrt[4]{\sqrt{\sqrt{1}}}$	1 to 3 ticks: $\sqrt[4]{\sqrt{\sqrt{1}}}$	1 to 3 ticks: $\sqrt[]{\sqrt{}}$
Lower tummy				
Mid tummy & lumbar		Yes/no,	Yes/no,	Yes/no,
Upper tummy		comments!	comments!	comments!
Lower back ribs				

Self-test: what body parts should expand sitting tall and relaxed with your back free of the chair back?

Breathe in while fingers and /or thumbs pressing into:	Amount of movement under fingers/thumbs?	Neck and torso feel comfortable?	Helps me feel "lengthened relaxed and aligned?"	Shape of spine remains undisturbed?
	1 to 3 ticks: $\sqrt{\sqrt{\sqrt{1}}}$	1 to 3 ticks: $\sqrt[4]{\sqrt{\sqrt{1}}}$	1 to 3 ticks: $\sqrt[4]{\sqrt{\sqrt{1}}}$	1 to 3 ticks: $\sqrt[]{\sqrt{}}$
Lower tummy				
Mid tummy & lumbar		Yes/no,	Yes/no,	Yes/no,
Upper tummy		comments!	comments!	comments!
Lower back ribs				

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Breathe-and-brace tables: what your breathing should do

Pilates observations: which body parts expand when you breathe sitting slumped, and how does it feel?

Breathe in while fingers and /or thumbs press into:	Amount of movement under fingers/thumbs? 1 to 3 ticks: $\sqrt[]{\sqrt{}}$	Neck and torso feel comfortable? 0 to 3 ticks: √√√	Helps me feel "lengthened relaxed and aligned?" 0 to 3 ticks: √√√	Shape of spine remains undisturbed? 0 to 3 ticks: $\sqrt{\sqrt{1 + \sqrt{1 + + + \sqrt{1 + + + + + \sqrt{1 + + + + + + + + + + + + + + + + + + +$
Lower tummy	$\sqrt{\sqrt{N}}$		No!	No! – the
Mid tummy & lumbar	711	No! (review lesson:	(review lesson:	spine moves, this creates
Upper tummy	V	"lengthen, relax and align")	"lengthen, relax and	tension and instability-
Lower back ribs	VVV	and alight)	align")	not good!

Pilates observations: which body parts should expand when you breathe tall & relaxed with your back supported by a chair back, and how does it feel?

Breathe in while fingers and /or thumbs pressing into:	Amount of movement under fingers/thumbs?	Neck and torso feel comfortable?	Helps me feel "lengthened relaxed and aligned?"	Shape of spine remains undisturbed?
	1 to 3 ticks: $\sqrt[]{\sqrt{}}$	1 to 3 ticks: $\sqrt[]{\sqrt{}}$	1 to 3 ticks: $\sqrt[4]{\sqrt{\sqrt{1}}}$	1 to 3 ticks: $\sqrt[]{\sqrt{}}$
Lower tummy	$\sqrt{\sqrt{N}}$	√√√ (1)		$\sqrt{\sqrt{N}}$
Mid tummy & lumbar	711	(Works best if you pause at the	$\sqrt{\sqrt{N}}$	(No change
Upper tummy	711	peak of the in- breath and relax	Yes!	in shape of spine –
Lower back ribs	NN	the neck)		that's good!)

Pilates observations: which body parts should expand when you breathe sitting tall and relaxed with your back not supported, and how does it feel?

Breathe in while fingers and	Amount of	Neck and torso	Helps me feel	Shape of
/or thumbs pressing into:	movement under	feel	"lengthened	spine
	fingers/thumbs?	comfortable?	relaxed and	remains
	1 to 3 ticks: √√√	1 to 3 ticks: √√√	aligned?" 1 to 3 ticks: $\sqrt{\sqrt{\sqrt{1}}}$	undisturbed? 1 to 3 ticks: $\sqrt{\sqrt{\sqrt{1}}}$
Lower tummy	$\sqrt{\text{(lower tummy & floor is bracing, not breathing!)}}$	$\sqrt{\sqrt{\sqrt{\sqrt{\sqrt{\sqrt{\sqrt{\sqrt{\sqrt{\sqrt{\sqrt{\sqrt{\sqrt{\sqrt{\sqrt{\sqrt{\sqrt{\sqrt{$		$\sqrt{\sqrt{\sqrt{1}}}$ (No change
Mid tummy & lumbar	$\sqrt{\sqrt{N}}$	the peak of the	$\sqrt{\sqrt{\sqrt{1}}}$ Yes!	in shape of
Upper tummy	VVV	in-breath and relax the	30,	spine – that's good!)
Lower back ribs	VVV	neck!)		,