Philip Warton Relaxation Practice Journal 2

Day 1:

Today I did “Breath @ the Belly, Ribs, and Chest” and “Sending Breath to Places in the body”. After watching the video about the respiratory system, it seems weird that I feel like I am breathing air into my stomach, when in fact it is simply a muscle in my belly and all of the air goes to the lungs. I found breathing while focusing on the stomach and the lower parts of the lungs encouraged a deeper more comfortable breath, and if I focused on the upper region, the muscles around the chest and ribcage were more engaged, making it a little bit less relaxing. This week I think I did better on “Sending Breath to Places in the Body”. When keeping my attention at my shoulders, it felt almost like the feeling of stretching a muscle out after a workout, but much subtler.

Day 2: