

Beamish Bodymind Balancing, breathing, emotions

by *Monica Canducci*

The initial phase of the Beamish Bodymind Balancing® method training consists of restoring complete breathing, since **breathing, posture** and **movement** are closely linked. Besides, complete breathing, which appropriately involves the diaphragm, is functional not only from a biochemical point of view but also from a structural point of view insofar as the architecture of the body is concerned.

The subsequent steps aim at increasing perception, awareness, lengthening and tone of the inner muscles, resistant to strain and involved in maintaining posture (static). This series of muscles, rich in tonic fibers¹ and devoted to maintaining postural patterns, is especially responsive towards **emotional influences** (like, for example, situations of anxiety). If we keep dysfunctional patterns of posture and movement, this connection between structure (muscle tonic fibers) and emotions can generate and maintain itself our emotional/mental attitudes and negative or restrictive states of mind. For this reason my approach to Beamish Bodymind Balancing acts simultaneously on both cognitive and emotional planes, guiding people towards acquiring more and more **awareness of themselves** and of their abilities, of their emotions and reactions, aiming at gradually transforming those conditions and limiting habits of motion, “notion” and emotion.

So, when I train people to learn Beamish Bodymind Balancing I dedicated the initial phase in to **restore complete, functional breathing, since breathing, emotions, posture and movement are closely linked.**

Then, during the training, I guide people to pay particular attention to the relationship between stance (how feet touch and perceive the ground), bearing and orientation in space, tonic stabilization of the trunk and the prospect to achieve “economic” verticality, in order to avoid useless or counterproductive tensions both in motion and static. At the same time, all the exercises lead people to recognize how much coordination between breathing and gesture helps to support every movement.

By achieving **awareness of the synergic, complementary work of our respiratory diaphragm and deep muscles in pelvic floor** (which are dynamic stabilizers of the trunk, too) during breathing, we discover an enormous source of **strength, energy and power** in our body, learning to manage it also through specific imagery.

The constant use of **motor imagery** during the training **supports the learning process** and give participants tools which make them able to **engage their deepest body-mind resources** in every moment they need (and want), and to use these resources in every discipline, technique, sport, or performing art they pursue in their life.

¹ That fibers cannot be activated “voluntarily” but respond to physical stimulations (i.e. by the contact between our feet and the ground) and spatial orientation (i.e. when we want to reach someone or something).