



Nicola Caroli: Natural Breathing



Nicola Caroli is a Natural Breath teacher in Germany, working with both adults and children. She also teaches online, including Body Movement Flow Workshops. Explore the basic attitudes and movements that support breathing.

TOP EMBODIMENT TIP: Sense, your body, feel your feelings, find your rhythm.

Let your breathing tell you how you are and who you are.

What is Natural Breathing?:

- Natural breathing is about **experiencing breathing as it happens**, rather than having ideas about what breathing should be like, or producing a certain type of breathing.

Increasing Sensations:

- Since the **body is the vessel for breathing**, increasing sensation and presence in the body is helpful for breath flow, whether we notice it or not.
- Connect the inside to the outside.

Exploring the Nose:

- The body has an **opening for breathing**, which is the nose.
- Two thirds of the nose is inside the head.
- When air passes into the two passages, it goes through labyrinths inside the head. Their purpose is to **warm, filter and moisturize** the air as it travels from the outside to the inside.
- These channels control the **volume and intensity of the airflow**, so that it arrives in the perfect way to the delicate tissue of the lungs.

Moving our Torso:

- Breath movement doesn't only mean that your lungs are being ventilated. It also means that **your torso is being moved**.
- The muscle that moves the torso the most is the **diaphragm**, our main breathing muscle.
- No other muscle in the human body is as **essential to our physical, biochemical and emotional health** as the diaphragm.
- The diaphragm is called a muscle, but it's actually three paths, a central tendon and an attachment.
- Since the diaphragm swings three-dimensionally inside of us, any **swinging, rocking, or rolling movement** supports breathing, whether we notice it or not.

Resources:

- ❖ **Website:** nicolacaroli.com



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Philip Shepherd, TEPP [The Embodied Present Process](#)



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