



Rob Poyson: The Breath-Body-Mind Connection



Reconnect with your breathing and learn to use it to manage tension, stress and fear. Your guide for this session is Rob Poyton, who has a long and rich history of martial arts practices. He currently trains solely in the Russian art of Systema and is also a professional musician.

TOP EMBODIMENT TIP: The key thing is awareness. Be aware of what is going on around you, of your internal process as well, and how the two interact. Along with that, be honest. Be as honest as you can with yourself, as honest as you can with other people.

Systema: A Study of Each Individual Body System, of How They Interact with Each Other and How Our System Interacts with the Environment and Other Systems Around Us

- Systema is a synthesis of Russian martial art and health practices.
- The core of the practice is practical, but personal to us as well.

Breathing: We Can Use Simple Ideas (Breathing In, Out, and Holding Our Breath) to Access Deep Levels of Ourselves

- The work transitions from the surface into deeper layers.
- We can be sitting, standing or lying down as we incorporate these practices **into our everyday lives**.
- Breathing can **access emotions stored in the body**, and emotional tension can be released.
- Breathe in through the nose, out through the mouth keeping the shoulders level and spine straight (no slouching).

Conscious Control of Breathing: Brings Us Back into the Body, Back into the Moment

- We can **choose the level or depth to which we breathe**: shallow, upper chest, full chest, diaphragm.
- Selective tension consists of connecting the inhale with the tensing, the exhale with the release of tension. This ties the breath in with the muscles/body area, and can be scan, toes to head like a **gradual wave of tension in and out with the breath**. You can increase the tension in uncomfortable areas, then let it go, **flush it out**.
- Breathing shapes like a circle, triangle or square incorporates breathing holds which is good for getting control of the breath. Adjust these shapes is a simple tool to **adjust according to what you need** in the moment.
- Ladders consists of training the lungs by extending the count so that each breath gets slower deeper and longer.
- Breath holds help you to learn to **manage fear, not ignore it**. When stress or discomfort comes up, relax around it.
- **You can monitor your internal state**, both physical and emotional, by establishing a 'hook' into the stress/tension/upset, and working to release it.
- It is possible to incorporate movement with twisting and stretching on inhale followed by releasing on the exhale.
- This work can compliment any other type of therapy for trauma, and can be used to go deeper.

Resources

- ❖ **Website:** <https://systemauk.com> and <https://simplyflow.co.uk>



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



Philip Shepherd is the author of two books, *Radical Wholeness* and *New Self, New World*, and is also the originator of The Embodied Present Process (TEPP), which is taught online and in workshops around the world.

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