

THE DIAPHRAGM MUSCLE USE IN THE RESPIRATORY SYSTEM

Could it be a philosophy? Yes, it could!

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My class (IV BA) was waiting for me sitting in their desk in an *incorrect, clumsy posture* perhaps trying to get free from tiring and stress of a closing school day.

Their apparent physical attitude gave me the opportunity to go deeper inside about how a respiratory system works and how a correct posture can help its function.

This topic is strictly connected to philosophy, psychology and science.

The Science, Philosophy, Gymn teachers were consulted.

A didactic unit shared with the students has been created starting from acquired notions on the respiratory system in Science and from the need to develop in English *how the respiratory system could be important to release body and muscles and to relieve pains.*

Some American and British techniques have been analyzed.

The Bioenergetic Analysis, for example, was developed by Alexander Lowen as a modification and extension of W. Reich's character analytic technique.

It is a body - oriented technique. The approach has expanded to incorporate different disciplines that go from trauma theory to, according to the latest findings, neuroscience.

Therefore, the Bioenergetic therapists address both mind and body.

They read the expression of body and utilize movements, positions, *breathing* and self – expressive exercises.

There are many ways of working with the body according to the Bioenergetic Analysis: *grounding, bend – over, voice sound, face expression, cube, massages, couple exercises.*

GROUNDING

It is perhaps one of the most famous techniques used in bioenergetics. It's an exercise that **stretches the legs and opens breathing**. This position allows the person feel "grounded" and promotes a sense of security . It also opens to a deeper breathing.

Like a tree with its roots, the contact with the ground means to have the feet and the legs well adherent to the ground *exchanging energy among feet, legs and ground itself*.

BEND – OVER

The bend - over includes head movements. The head is abandoned on the body itself. Hereby, the body leans not only on feet but also on hands causing a **better passage of energetic flux**, a deep sense of relaxing and more protection for heart and blood circulation.

VOICE SOUND

The exercises are concentrated on the body movement and on the use of the voice. Voice gives more energy to body and releases it from repressed emotions. To pronounce even a short word is useful to get free from rage. A cry, for example, is an act which **reduces mental concentration and stimulates a deeper respiration**.

FACE - EXPRESSION EXERCISES

Face - expression exercises **eliminate energy stasis** giving health and beauty to skin, sight and teeth. They release jaw and eyes.

EXERCISES IN COUPLE

All the exercises in couple are useful to body and mind communication.

Through the feet, hands, eyes, knees contacts, it is stimulated a real deep spontaneous tie that increases the sense of empathy of the couple itself.

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