



Video Transcript

Learn Props For Breathwork

Hello, beautiful beings. I'm Maria Marshall, and today, with this Learning with Gaia piece, I would like to demonstrate how you can incorporate props such as a foam roller and a ball or any other kind of item that is used to release tension in your breathwork practice. I have had the experience of myself.

work session, I will go to a foam roller especially to work out the tension in my quadriceps and in my IT band, especially IT band.

I hold a lot there. Sometimes I will use a foam roller without the breath, but it can be particularly beneficial to utilize the breath and send the breath to the muscles telling them to relax and release. So I'm going to demonstrate.

At any,

a great time to do it. I filmed a breath and energy release piece that is a chakra-based breathwork piece. At any point, you can pause the player and continue breathing and use one of the props. So I'm going to start with a foam roller.

For many, many years, I had lower back pain. And whenever it would roll my quadriceps out and my IT band out, I know. I know.

Keep doing it, just the way you were doing it before you got up and onto the foam roller. If you're doing just as simple,

keep doing that. It doesn't matter the kind of breath you're using, just that you continue to do it. And that when you get to a particularly tight place in your body, such as this, you send the breath there.

If it really hurts and is really tight, you can even imagine love.

Sending love to that place is a very powerful way of releasing, because you're basically filling that spot with love so that the other energy that no longer serves can release. So, I'm on this point. It's particularly tender.

I'm breathing love into it. I'm telling it it's okay to go.
And I keep doing that until it releases. I'm not forcing it. I'm very careful that I strike a balance between going in but not going in so hard that I actually cause myself to be in pain the day after. So that's released and I'm finding another spot. I keep breathing. Whatever your practice is, keep breathing. And then find that next spot. I'm going to go up a little bit to this hip flexor. There's a lot of grief, especially women.
Don't fight it and don't force it. Just send your breath there.
An example, if I go right into my hip here, I'm going to find a particular spot, and it's right here, breathing in love.
It's softening.
And I even feel the energy moving down my leg. I feel it releasing.
You might want to go on to the side of your leg, to the back, to your piriformis. This outside of our hip holds a lot. Keep breathing. You're in your practice. You're still doing your breath work, but you're going into your body to find the tension points. This is one that you can open and close your legs to release. You can use a ball.
Actually,
I'll show you that right now. You can take a squishy ball. It could be a foam ball.
Work your way around it, and then you can settle on the spot. You're breathing. Remember, you keep the breath up the whole time. You can use your hand to move it around. And then once you find that spot, which is right here for me, keep breathing. Keep the breath up. Send it love.
Allow yourself to relax into that tension. Allow yourself to relax the tension. Allow the breath to move it out of your body. You don't need to hold it anymore. We hold so much in our fascia and our muscles, even in our bones. You get to be an explorer and find in your body where do you hold tension. And you'll notice that your body starts to feel better the more you do this. So I invite you to explore up and down your legs, the insides of your legs. You can position yourself to use the foam roller. You can also use something like this. So this is where I'm finding a very tight spot. So I'm going to roll over it first to soften it, to allow me to then press into it. And on the inhale, stop, and I'm going to breathe. I'm going to keep breathing. I'm really actually breathing this whole time, but obviously I'm talking to you. You're breathing the whole time that you're exploring your body. And it might just be one spot on your body during breathwork that calls you to it again and again. You don't have to go through the whole body every time. For me, it was the sides of my legs and the front and a little bit the inside, but mostly this area. And again, a lot of womb energy, a lot of womb trauma actually moves through the legs when it gets released. So I believe that's really what I was connecting to.
And also,

I look forward to seeing you again soon. Namaste.