

Breathing Scores



Breathing during a restful SOTA Session

Breathing Scores

by SOTA REST - Team

It's important to follow these breathing exercises without cultivating or creating stress and tension in your body. The moment you feel tension building up, try to adapt by simply refocusing on your breathing, and by allowing any tensed body-parts to relax.

Breathing Scores

You can do any of the following exercises you feel drawn to, there is no need to do all of them, nor to do them in a specific order. Follow your wishes.

Breathing to calm down

Sit or lie on your back in a comfortable body position.
Get aware of your breathing without changing it. Just observe it for a moment.

Take a deep inhale for the length of 4 counts.
Exhale for the double length, 8 counts.

Repeat this as often as you wish and until you feel you start to relax into this rhythm.
If you feel like working with another number, go for it, just be aware to make the exhale twice as long as the inhale.



Breathing for number minded people

Find a comfortable position to sit or lie.
Get aware of your breathing and just observe it for a moment.

Now take a deep inhale for the length of 3 counts.
Hold your breath for two counts.
Now exhale for 3 counts.
Hold your breath for 2 counts again.

With the next inhale count until 4, hold your breath for 2, breath out for 4 counts and hold again for 2 counts.
Continue to increase the length of your inhale and exhale until you reach the maximum length you can reach without building up tension in your body.

When you have reached that length decrease the length of your inhale count by count until you reach 3 counts again.

Repeat that cycle as often as you wish.

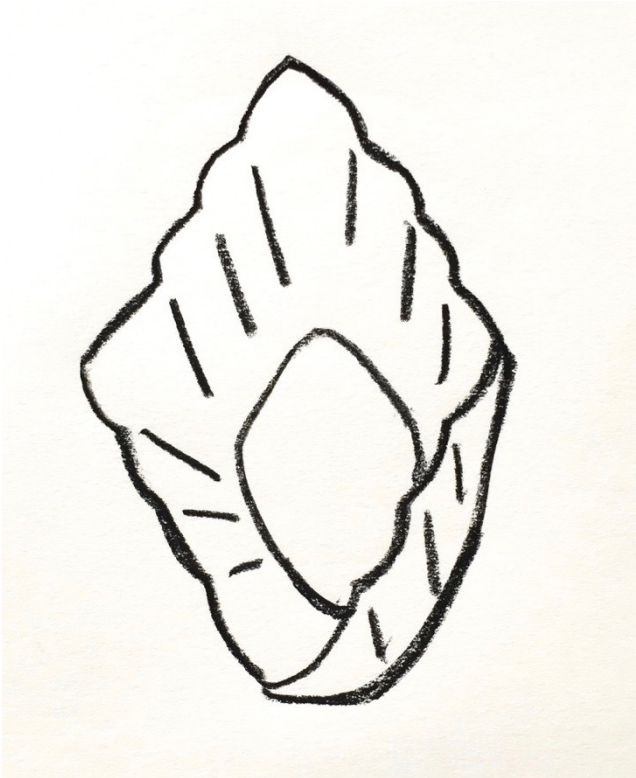
Breathing Scores

Vaginal Breathing

Please read through the score before you start, then you can follow these suggestions as you remember. You don't have to remember every part, but let your memory as well as desires and intuition be your guide.

After you found a comfortable position, preferably lying down, you place your hands on the lower part of your belly.

Listen to your breath and sense how you and your body are feeling today. Don't try to change anything, just get aware.



Locate your vagina or imagine the place where your vagina would be and breath through this area, inhale & exhale.

Let the air fill the lower parts of your belly, so your hands can feel the movement of the inhalation with your hands.

Stretch your breath and make your inhales and exhales as long as possible without raising tensions in your body.

Feel how your mind is calming down.

After some cycles of breath, let the air travel further up, filling the upper parts of your belly and stretching and opening your lower rip area, always starting from your vaginal area.

Travel even further up and fill your back, feel how the breathing expands the surface of your body you are lying on. If you wish, you can repeat this cycle several times. Perhaps, try to alternate between breathing in through your nose and mouth, develop the breath sounds into wind sounds (ffff, ssss, shshshsh), different forms of humming and letting your voice go to places it wants to go.

Stay calm, relax still tensed body parts, your eyes, your neck, your hands, your feet...

When you feel it is enough, take a moment of silence and listen to the after effects of breath and voice.

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Travelling through your body with breath and voice

As before, read through the score and then do it as you remember. You don't have to remember every part, but let yourself be guided by memory and your own desires and intuition.

Lie on your back in a comfortable position.

Imagine your breath entering your body through the arch of your left foot, travelling up the interior of the left side of your body, up to behind your nose.

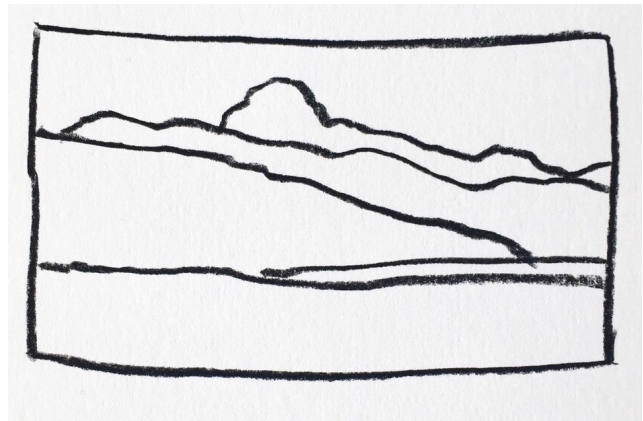
Breath out while travelling down the interior of your right side letting the breath exit through the arch of your right foot.

Repeat this pathway several times.

Change and alternate where your breath travels:

along the interior back side (near the floor)

along the topside (front) of your body
through your blood veins and arteries
through your muscles
through your nervous system.



Change directions - breath in through your right foot and out through your left.

Play with sounds - windy sounds, humms, ssss-sch-ffff-sounds, whatever sounds come, sounding the inhale as well as the exhale.

Play around with the directions of travel through your body. Feel free to rest in places that need specific attention. Your hum might change in pitch, volume, rhythm, depending on the area of your body. You can play with opening and closing of your mouth and let your hum develop into other sounds. Let your voice carry you where it wants to take you.

Enjoy listening to yourself and stop when you feel like stopping.

Take a moment of silence to listen to the after effects of breath and voice.

These exercises and scores are inspired by or deriving from the oracle practice and the work of [Natacha Muslera](#).