



The Perceptible Breath

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"The Perceptible Breath" - A Breathing Science - is an introduction to theory and practice of methods dealing with the therapy and care of the breath. They have been developed by the authoress over some decades. The book is intended for therapeutic and pedagogic experts as well as for laymen who want to get a new access for themselves to what happens while breathing. To let the breath come, to let it go and to wait until it comes back on its own accord means to perceive and experience the unconscious function of the breath within its laws. An immediate, natural movement emerges from it, a connection to the human entireness and the possibility to get to know and experience oneself. By and by substance and quality develop in the breath which contributes to a person's development. Movements emerge from the breath by stretching, work with pressure points and the creation of vocal space. These movements encompass original rhythmic happenings and creativity. In between the breath that is led by the will and the unconscious breathing function the perceptible breath develops that allows an integration of body, soul and spirit by focusing, perceiving and breathing. It leads us to an enlargement of the consciousness and to self-experience.