



EASING BREATHING PATHWAYS DURING COVID-19

One Simple Option

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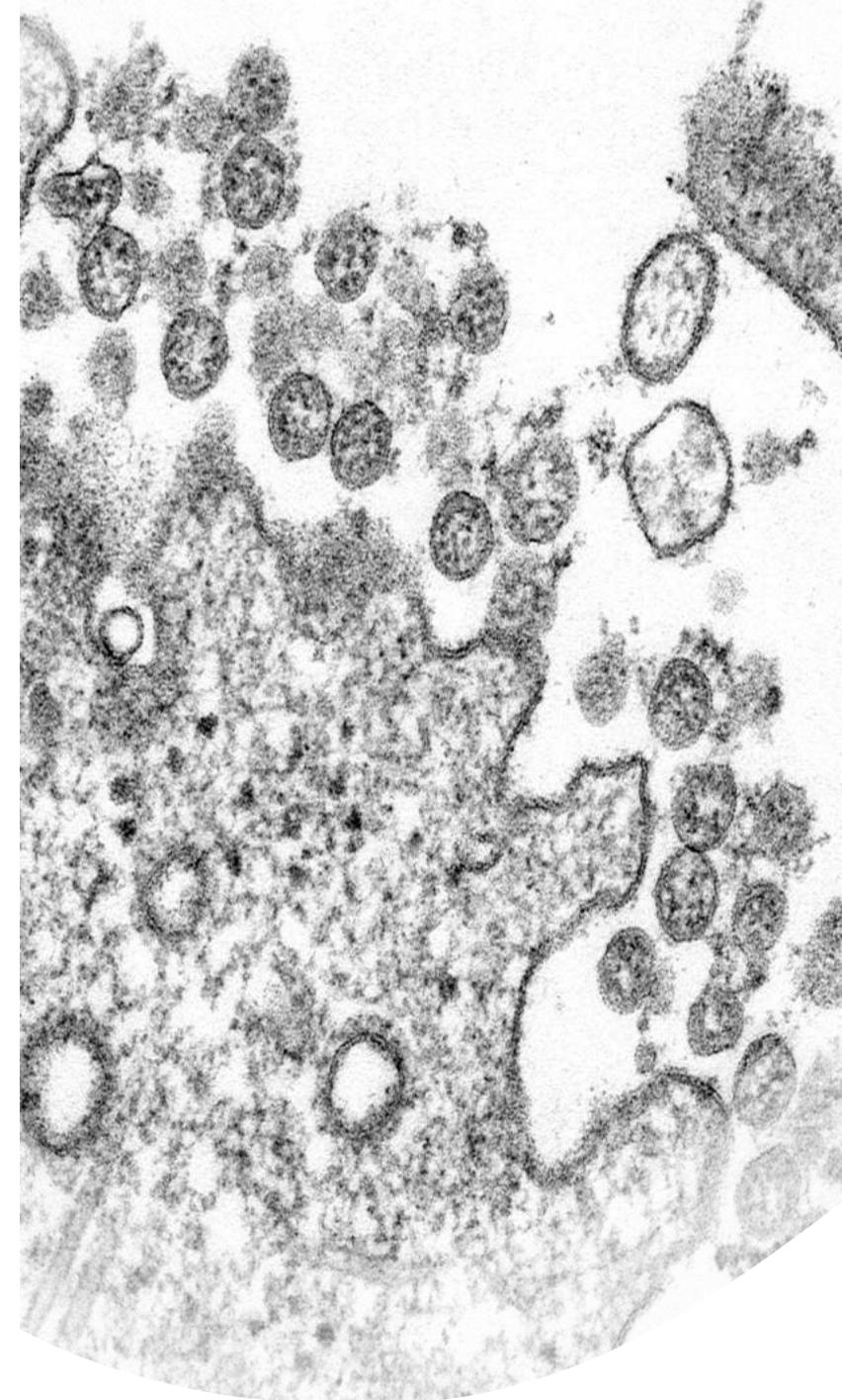
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I survived the scary moments
of Covid-19
through conscious awareness
of my body's mind
which illuminated
the pathway for recovery.

My experience with Covid-19

It was 1:00am on an early wintery January morning. I awoke from a restless sleep, struggling to take a full breath. I began to reach and grasp for every small moment of relief. **My lungs wanting oxygen, receiving very little, and sending my respiratory tract (heart, lungs, diaphragm) into a panic state.** My inner voice echoing “Uh-oh, this not good.”

- This was two months before the illness that caused my respiratory distress had a name. Covid-19, the coronavirus.
- **When the coronavirus struck me, it was quick, voracious--essentially a full body pandemic.** My immune system responded as quickly, and my cellular tone was amplified both within the virus and my immunity response
- In reflection, **the most important moment came when I found my breath again. Or rather, my body lead me to another pathway for breathing.** This was a familiar path as I have explored it many times before in my personal practice and with my students, pre-professional artists and dancers, and older clients. **I have been a teacher of movement for over 40 years.** Now, as a licensed somatic movement therapist, I lead my clients through many explorations helping them to recover from surgery, regain their confidence, or dive deeper into their personal questions
- . My experience with respiratory difficulty was only one component of the illness that I was tracking through my body-mind connection. My body has many other stories to share. **This ebook explores cellular breathing.**



I've been there.

You are afraid that you won't be able to breathe if you get the Coronavirus and that you will end up on a respirator in the hospital. This is a common fear and understandable response especially if you already have any respiratory issues, recent surgeries, or a compromised immune system.

The thing is.... **most people aren't aware that we have other possibilities for breathing that will support our lungs.** In this ebook we will explore **our earliest breathing pattern – cellular breath. Cellular breath supports lung breathing through the gentle expanding and condensing of the cells. You can consciously access this breath.**

- **If you are concerned about having difficulty breathing** either due to the Coronavirus or for some other reason, this **ebook will help you to explore one of the your body's resources to consciously connect with your body-mind and find ease.**
- If you are someone who has already had Covid-19 this **information will help your body to recover more fully.**
- If you are someone helping another person with respiratory issues **this guide will help you to support their healing process.**

Your body will guide you...

You can access your mind-body connection and find ease.

On the cold morning in January when my lungs were impacted by Covid-19, **my body's mind brought me back to all of my experiences with breath.**

- I know how to **connect with my body and allow it to be my guide.**
- I know how to **remain fascinated** even when my body seems to be shutting down.
- I know how to **trust the body-mind connection in very deep ways** and to reflect, **then integrate and share these experiences.**



Who am I?

I am a teacher, healer, and lifelong mover. I have extensive experience working with professional artists, dancers, and athletes as well as people preparing or recuperating from surgery.



WENDY MASTERSON

Body-Mind Centering® Practitioner

Registered Somatic Movement Therapist and Somatic Dance Educator

Certified Infant Developmental Movement Educator

GYROTONIC® Trainer/Pre-Trainer & **GYROKINESIS®** Trainer

Reiki Master Practitioner & Teacher

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Cellular Breathing

What is it?



My body guided me to Breathing from the Cell

Our first breathing pattern comes from our cells. Their expanding and condensing motion is called cellular breathing.

We can consciously access this movement throughout our lives.

Cells are “self”.
They make us who we are.

Our cells contain generations of
knowledge in the genome and DNA
sequences.

Our bodies have knowledge that has
been handed down from centuries ago.

*You can learn how
to access your
Cellular Breathing pattern.*

How can Cellular Breath help you?

- Exploring breathing patterns when you feel well, helps you to recognize when your body needs this support during illness and recovery.
- When our bodies are under stress, consciously accessing cellular breathing will help you to find ease.



From a client....



“Hi Wendy. I need your help. I had the coronavirus several months ago and still can’t take a full breath. I can’t even walk down the block without running out of breath. **My torso is so stiff that it hurts to put on my shirt.** Emptying the dishwasher is a non-starter. I don’t want to be a couch potato anymore!”

*The next day this client called me in the morning. **“I slept for the first time in three months and can now breathe fully. My ribs and back feel so much better. I am no longer afraid that I won’t be able to breathe. I want to book sessions for my children and spouse.”***

My first avenue in helping people with movement issues and breathing difficulties, especially after Covid-19, is to teach them about cellular breathing. **It works by supporting movement from the level of the cells and by developing conscious awareness of holding and/or releasing tension. Cellular breath is a great resource.**

I tell my clients, *“You can practice cellular breathing at almost any time – and anywhere.”*

I practice cellular breathing in the morning before getting up or when I can't fall asleep at night. I practice when I am at my computer. I practice while I sit quietly on the front porch enjoying the evening and watching the sky turn to night.

I also practice when I am at the grocery store. No one will know that while I am picking out a tomato, checking the carton for broken eggs, or rolling my cart up and down the aisles, that I am consciously aware of how my cells are gently expanding and condensing.

One caution. Don't practice cellular breathing while you are driving. Your mind will not be on the road.

The more you practice, the more your body and mind will become aware of where you are holding or initiating your breath..

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FROM YOUR
BODY'S PERSPECTIVE**

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Let's Explore Cellular Breathing



How do I find my cellular
breathing pattern?

**Good news –
you have been doing this
all of your life!**

It is easy.

Cellular Breath: Preparation for Exploration

Turn on soft music if desired.

Find a comfortable place to lie down, recline, or sit.

You can lie in any comfortable position. Side, back, or face down.

Cover yourself with a blanket. Use pillows under your head, knees, and/or back for comfort.

Imagine a small cell with soft membrane. It gently expands and condenses.

You might spend 15 minutes – ½ hour or longer exploring your cellular breathing.

Cellular Breath: Intention

Keep the cell's gentle motion as your intention. The cell is freely floating in space.

There is no destination or goal. Simply be.

Your cognitive mind (front brain) **may wander.** If it does, **ask it to come back to the intention – breathing as a cell.**

As you breath, **explore where you are holding tension.** Is it in your face, the back of your eyes, neck, hands, back, shoulders, ribs, hips, knees, feet?

Invite any tension to drop and release as the cells gently expand and condense.

The Breathing Cell

Imagine a small cell with a soft membrane. It gently expands and condenses.

The cell floats freely. It is fluid. **Your breath is fluid.**

With each gentle inhale imagine that the cell softly expands.

With each gentle exhale, imagine that the cell softly condenses.

You might feel your breathing pattern deepen and lengthen. **There is no hurry here – simply imagine your cells gently respirating.**

Invitation is Key

INVITATION is the key word. Forcing breath may cause more restriction or distress

. **Inviting breath will support release.**

Invite your breath to flow gently
in and out.

Invite the cell to
receive what it needs.

Invite the cell to
release what it does not need.

Completion & Integration

- Once you have completed your exploration, take time to rise slowly.
 - Roll if you are on the floor.
 - Stretch your limbs and spine slowly and gently.
 - A big yawn is a great way to stretch and release tension.
- Give yourself a moment after you stand and before you start to walk.
- Take time to reflect without judgement. There is no right or wrong. Simply notice what happened or what is happening..
 - Am I breathing from my cells?
 - When am I breathing from my cells?
 - What is a key word for myself to help me find my cellular breathing pattern?
- Draw, sing, write, dance, cook, sew, garden – do something creative to help you integrate your explorations.

Conscious awareness
will help you
to recognize which breathing
patterns
are working for you.



I survived the scary moments of Covid-19 through conscious awareness of my body's mind which illuminated the pathway for recovery.

I am offering webinars based on my personal experience with the Covid-19 and the needs of my clients. Applying my skills as an imaginative, creative somatic movement therapist and explorer were key factors during my illness and my recovery of the coronavirus.

Embodied awareness helped me to track my physiological systems that were affected.

When gasping for breath I was led out of the stifled respiratory tract into the spaces of subcutaneous breathing. When the vertebrate patterns created an overwhelming response, I was led to the pre-vertebrate patterns which invited a soft release. When an irregular heartbeat appeared, my venous capillaries called and brought balanced rhythms. So many stories to share...

During and after my recovery from Covid-19, the explorations and application are endless--continuing to enlighten my curiosity and allow my body to heal.

Contact Wendy

If you are concerned or anxious about the coronavirus, register for **UNDERSTANDING THE CORONAVIRUS**
FROM YOUR BODY'S PERSPECTIVE
or schedule a private session with me.

WENDY MASTERSON



has an **extensive career** as an educator, somatic movement therapist, administrator, choreographer and artist. Upon retiring from Interlochen Arts Academy (Michigan) in 2016, she opened **The Motion Space LLC** in Montana where she combines her background as a **Body-Mind Centering® Practitioner and Infant Developmental Somatic Movement Educator; GYROTONIC® Pre-Trainer and GYROKINESIS® Trainer; Somatic Dance Educator; Reiki Master;** and has an **MFA in Dance**. Wendy works with infants - adults on movement therapy, general fitness, recuperation, and artistic exploration. She holds **sessions online and in her studio**. Wendy served on the Body-Mind Centering Association Board of Directors for six years. She has presented her work at international somatic movement and dance medicine conferences.

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