

Breathe Into Your Massage

Mindful Breathing Enhances Bodywork Benefits

Cathy Ulrich

During her massage, Elaine was having trouble relaxing, continually talking about all of the stressors in her life. I took a deep breath and asked her to do the same. Suddenly, her body relaxed and I finally felt her respond to the work I was doing. So, what shifted with that simple suggestion?

In The Moment

Elaine was thinking about the stresses in her life instead of where she was at the moment. She was in a safe space, receiving gentle, supportive bodywork. And yet she couldn't relax. By simply asking her to be mindful of her breath, she immediately felt her body and became present with me in that space.

control labor pain. By consciously breathing during contractions, they learn to shift the feeling of pain to just sensation.

Elaine came to see me because she had chronic pain in her foot, knee, and hip. Often chronic pain sets up as a vicious cycle of muscle tightness, impaired blood flow, and more pain, even in areas distant from the original problem. When I asked Elaine to send her breath to the foot, she changed her feeling of pain to simply sensation and this opened a door that allowed me to change the holding pattern in her tissue.

Of course she couldn't physically breathe into her foot, but the imagery of



Mindful breathing brings an individual back into their body, facilitating presence and relaxation.

Many meditation traditions use the breath to quiet the mind. With mindful breathing, we're suddenly thrust into an awareness of our inner spaces and a feeling that we actually do live in a body.

Reduce Pain

One of the first things expectant mothers learn in natural childbirth classes is breathing techniques to help

sending warm, healing breath into her foot from the inside while I worked on it from the outside changed her relationship to the pain.

Try this simple technique yourself. As you tune into your breath, notice your body. Is there discomfort or pain?

Continued on page 2

Office Hours and Contact

Becca Sagall, LMT, MMP, CMLDT
beccasagall@gmail.com
970.939.8639
Monday & Thursday 12pm-6:30pm
Tuesday & Friday 11am-4:30pm

In this Issue

Breathe Into Your Massage
Steer Clear of the Gym
MT Straight Talk

Continued from page 1

Breathe in, and think of filling your lungs with healing oxygen. Now breathe out, and imagine sending this warm, healing oxygen directly to the place that hurts. Continue gently breathing into the area for a few minutes. What does it feel like now?

Relieve Stress

When I worked with Elaine, I noticed that the more she talked about her stressful life, the shallower her breath became. She was breathing high in her chest in short, rapid breaths. Her mind had transported her back to her stressful life, even though she was in a place where she was supported and encouraged to take a break from that stress, putting her body into a fight-or-flight response.

One clear manifestation of this is rapid, shallow breathing. While stress can produce this breathing pattern, the good news is that we can consciously change the breathing pattern and reduce the stress. It works both ways.

As I asked Elaine to slow her breathing and take deeper breaths, the tension in her face softened. Her body relaxed on the table as if she were sinking into the padding. Her feet became warmer, a sure sign that her circulation had changed and that her nervous system had switched from fight or flight to the calming mode of rest and digest.

Try this for yourself. The next time you're feeling stressed, stop for a moment and notice how you're breathing. Is your breath high in your chest? Is it fast and shallow? Now, gently invite your breath to slow down. Start to pull breath into your lungs by letting your belly relax and expand as you inhale. Spend a few moments with yourself and your breath and look at the stressful situation again. Does it seem so bad now?

Your Massage

Receiving a massage does involve participation on the client's part. While the practitioner is the expert on the bodywork, the clients are the experts on their bodies. In our culture, the client/therapist relationship is often a check-your-body-at-the-door affair. But so much more can happen when the client works with the therapist.

The next time you go for a massage, try these suggestions to achieve mindful breathing and enhance the benefits of your session:

- As you settle onto the table, feel the weight of your body on the table and begin to notice your breath.

- Feel your breath moving of its own accord. Where is it most noticeable? Bring into the spaces that feel less full (without effort--just invite).

- When your therapist starts working, notice the pressure and rhythm. When your practitioner lets up on the pressure, breathe in. When she/he applies pressure, breathe out.

- If your practitioner comes to a tender area, pay special attention to your breath. Work with the tenderness on the exhale, imagining that you're

breathing out the pain.

- As your therapist works on different areas, imagine your breath moving there to meet her. Send your breath wherever she is working. Let her work on the outside, you work on the inside.

- Notice the changes as the massage progresses. Notice your thought patterns. Notice your comfort level. Notice your stress (and how it melts) as you send breath to the various areas of your body.

- When your session is complete and you sit up, notice how your breath feels. What do you notice about your body, the room, the light?

Why not use the lifegiving force of breath to make your next massage an even more beneficial experience. Just breathe.



Being actively aware of your breath during a massage enhances the benefits of your session.

Steer Clear of the Gym

Take it Easy After Your Massage

Ray Bishop

When booking a massage, consider your schedule, and try to avoid any strenuous physical exertion for at least 24 hours following your bodywork session. Exercising after a session can both increase muscle soreness and compromise the value of the soft-tissue work you've just received. "Strenuous exercise" includes activities such as running, weight lifting, high intensity aerobics, or power yoga classes.

Light exercise such as moderate walking, gentle stretching, or swimming laps at an easy pace is okay for healthy individuals. One widely accepted view in favor of this twenty-four-hour recovery period is that sustained pressure on connective tissue makes it more gel-like. The technical term for this change is thixotropic effect. This state of increased softness lasts about twenty-four hours, so high-intensity exercise may pull or move the tissue back to old patterns or even induce new strain patterns.

Experts usually suggest taking it easy that evening and the following day. To further reduce any bodywork-related soreness, drink at least two liters of water in the next twenty-four hours to hydrate and flush your system. Take a hot Epsom salt bath and drink gently calming teas such as chamomile or passionflower to facilitate sleep and reduce stress that is so commonly seen as a contributing factor in chronic muscle tension and soreness. If you're dealing with an injury, the guidelines should be adjusted, but these basic suggestions seem to work well for most people.

It does appear that healthy people who exercise vigorously five to six days a week sometimes find even these modest recommendations quite challenging. If you're one of these people, consider working out before your session and then take it easy afterward.

To get the most out of your massage, hold off on the workout. When you do hit the gym again, you'll likely discover

your body is more fit than ever, thanks to the healing power of bodywork.



Take it easy and let your massage soak in.

MT Straight Talk

What Your Massage Therapist Needs to Know

Angela England

Most massage therapists guide first-time clients through an intake process that includes discussing health histories and other medical concerns. But talking with your therapist about these things should not end with your first massage. Before each session, take a minute to speak with your therapist about any new medical conditions or injuries, lasting aches and pains, or any other changes in your life. Here are some of the issues your massage therapist should know about.

Medical Changes

It's a good idea to regularly update your medical record with your therapist, especially if you've been diagnosed with an illness or medical condition--such as high blood pressure, heart disease, diabetes, a chronic autoimmune disease, or skin allergies--or are taking any new medications. Certain medical concerns

preclude you from receiving massage. Other conditions, such as pregnancy, simply change the way your practitioner approaches the session.

A New or Acute Injury

Maybe you spent hours driving to a destination getaway and your shoulders ache, or you stepped off the porch wrong and sprained your ankle. Any time you have a new ache, pain, sprain, twist, or pulled muscle, mention it to your therapist. Depending on the location and extent of your injury, the session may need to be postponed or the injury site avoided until more healing has occurred.

Personal Preferences

This category is less obvious, but equally important. Everyone has unique

preferences and sometimes there may be something you would like to change for your next massage. Whether you want to bring your own music, have the temperature adjusted, or be draped in an extra blanket, your therapist can easily adapt as long as you communicate your preferences.

Help your practitioner help you. Take a moment to check in with him or her before your next session.

Angela England enjoys doing massage, gardening, writing, and spending time with her three young children.

The leaves are beautifully changing colors and slowly falling to the ground, and I realize that this is the second year I have seen the season change from my massage studio in Fort Collins. As I look at my client list, I see some of your names have now been on it for over a year, and I'm so thankful to be a long term part of your health and wellness plan! Other names are quite new, and I'm excited for the treatment plans we have come up with to reach your health goals. With every session, I hope to create an open and calming space for you to get the most out of your massage experience, but there is always room to grow. This quarter's newsletter holds tips for making your massage session even better - and there may be something to learn for both newcomers and veterans of massage. Let's work together to get even more out of your next massage!

Becca Sagall, Licensed Massage Therapist

530 S. College Avenue, Suite 3
Fort Collins, CO 80524



Member, Associated Bodywork & Massage Professionals