

UNLOCK YOUR BRAIN

Keys to Stress-Free Learning

Presented by

Patrick Sheridan



The
Midwest
Clinic

International Band
and Orchestra Conference

YOUR HUMANITY

(**P.I.E.**)

PHYSICAL

Out of Balance

INTELLECTUAL

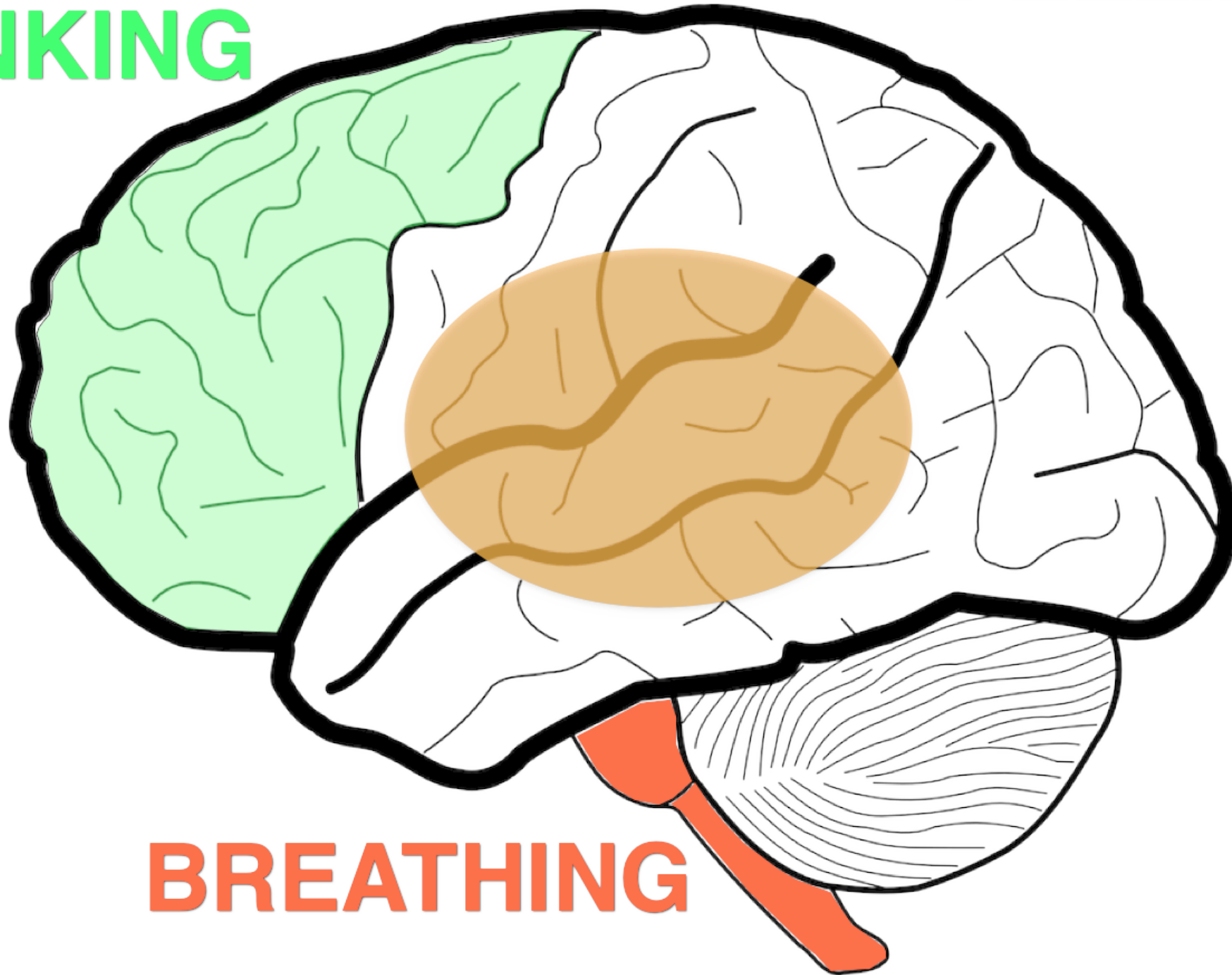
Towards Balance

EMOTIONAL

(Life Balance)

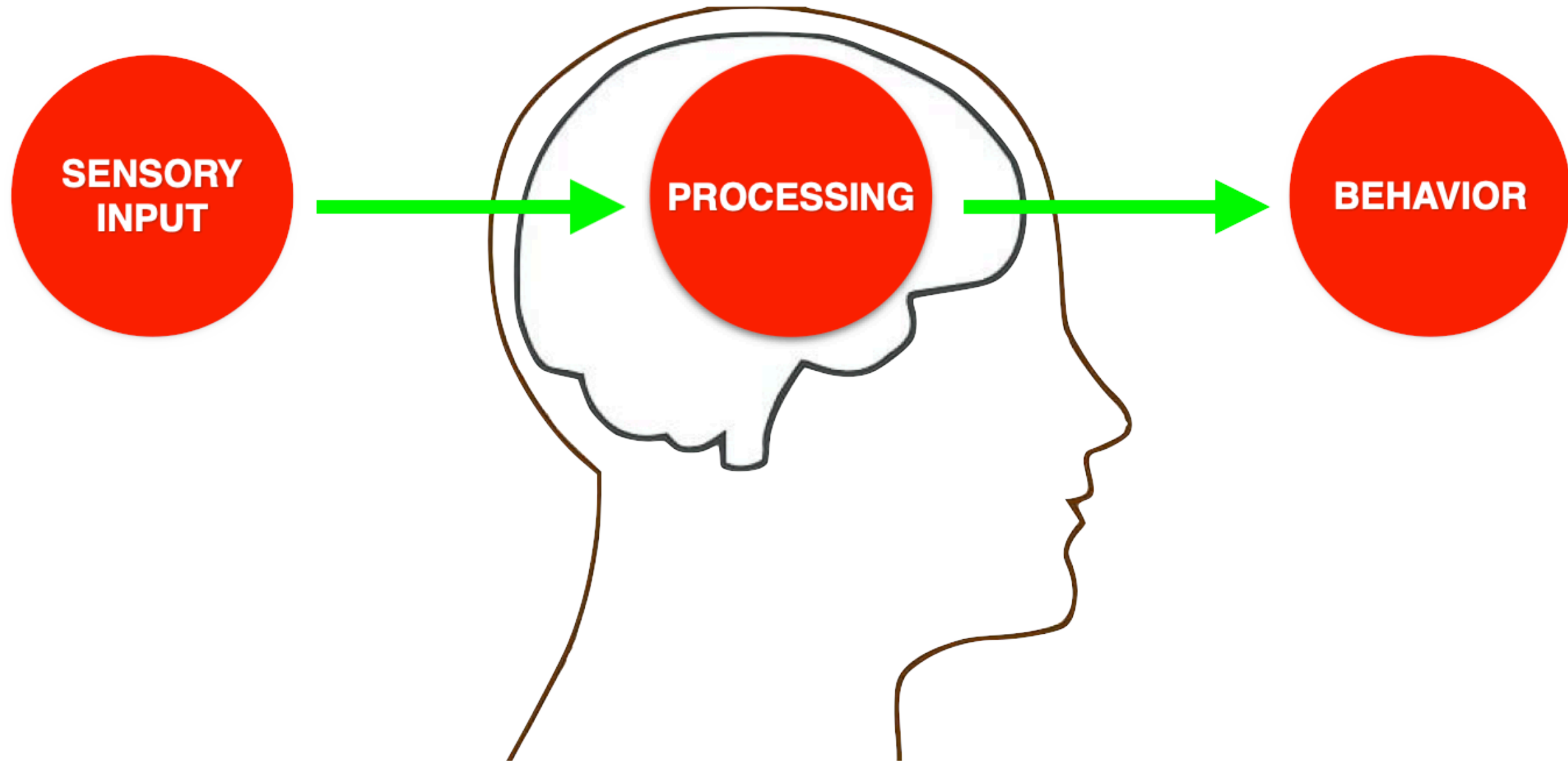
THINKING

FEELING



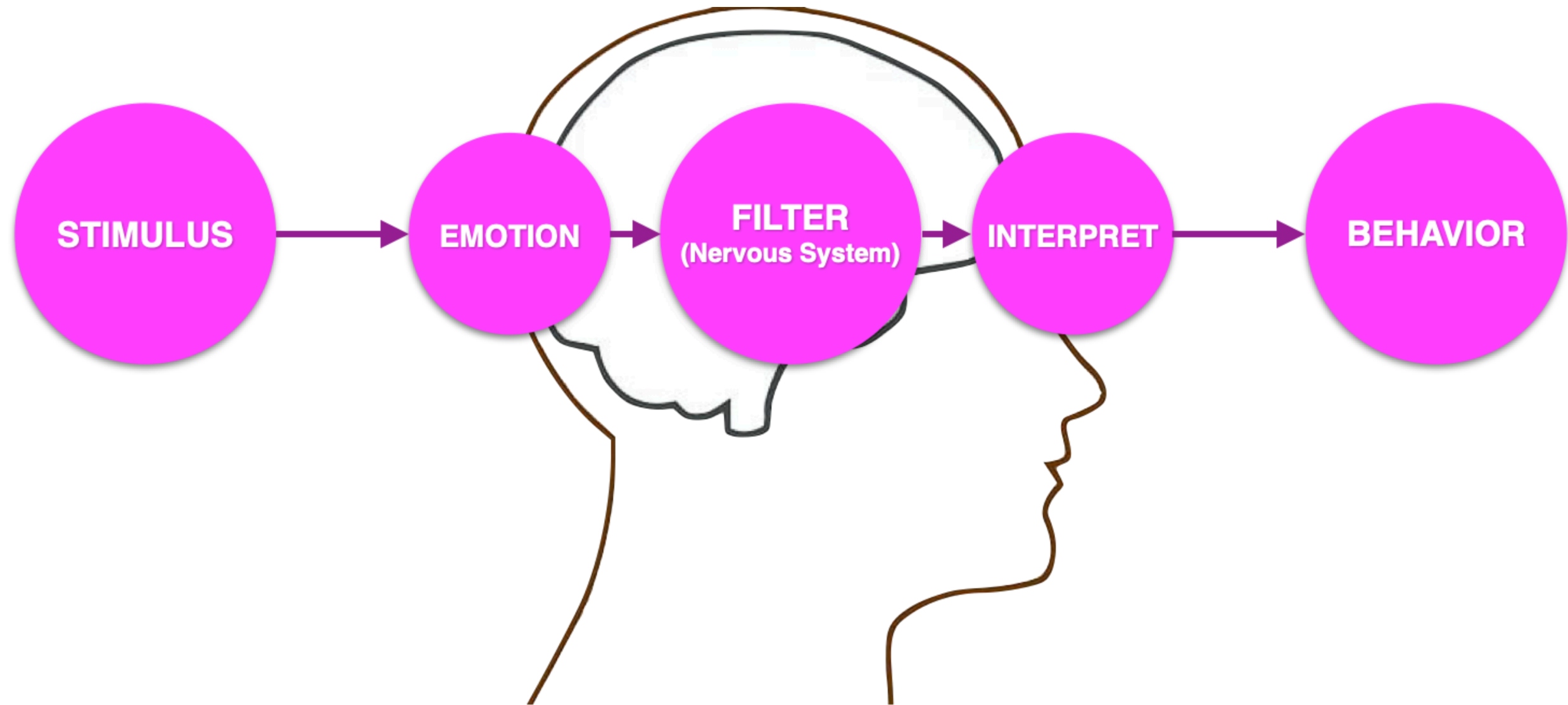
BREATHING

How does the body process information?

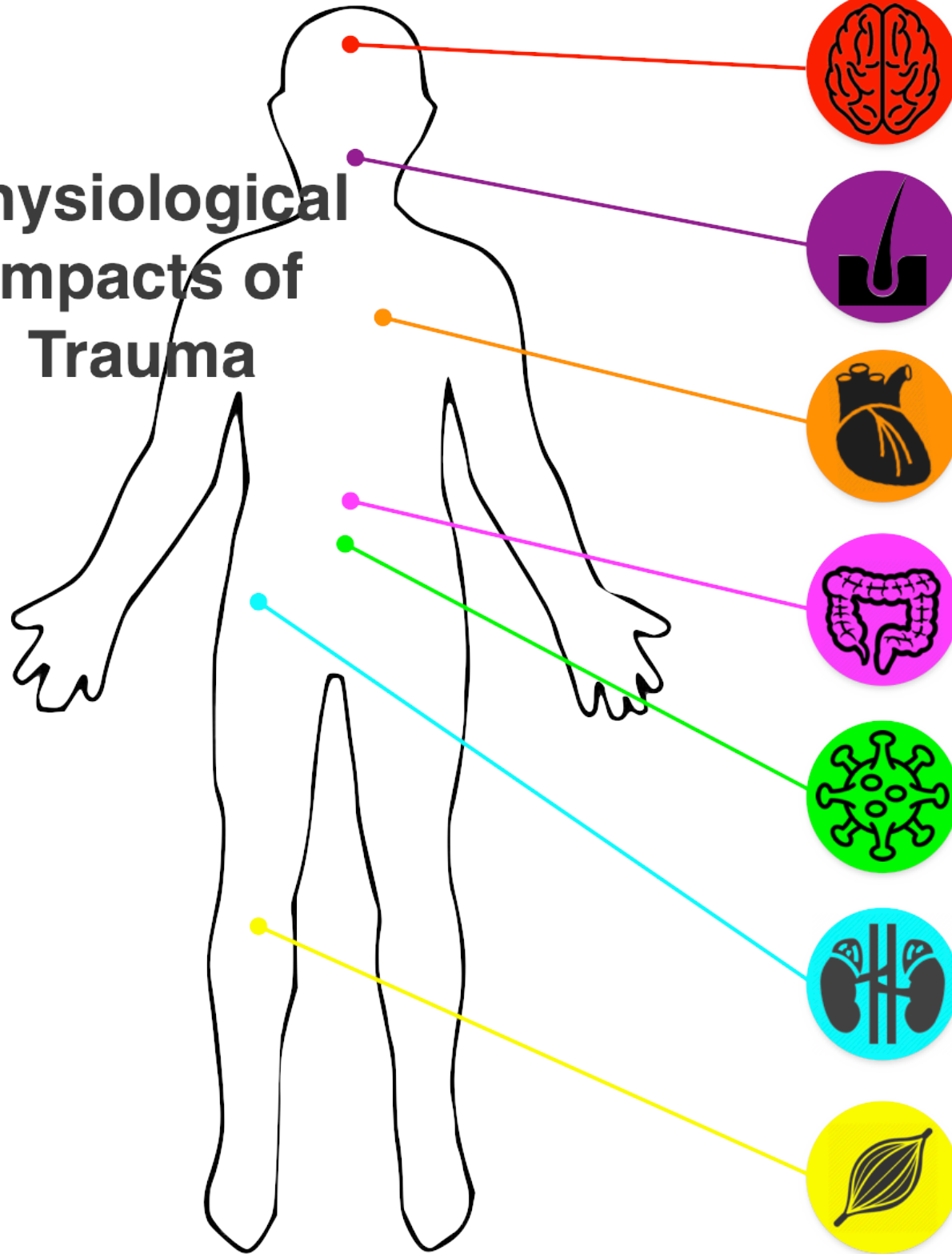


Do we **THINK** before we **ACT**?

We **FEEL** before we **ACT**



Physiological Impacts of Trauma



FATIGUE
REDUCED CONCENTRATION
DECREASED MOOD

CHANGES IN SKIN TEXTURE
LOSS OF SKIN TONE & MOISTURE
THINNER & MORE DELICATE SKIN

NARROWING OF ARTERIES
INCREASED BLOOD GLUCOSE

DECREASED NUTRIENT ABSORPTION
ALTERATIONS IN GUT MOTILITY
CHANGES IN MICROBIOME
LEAKY GUT

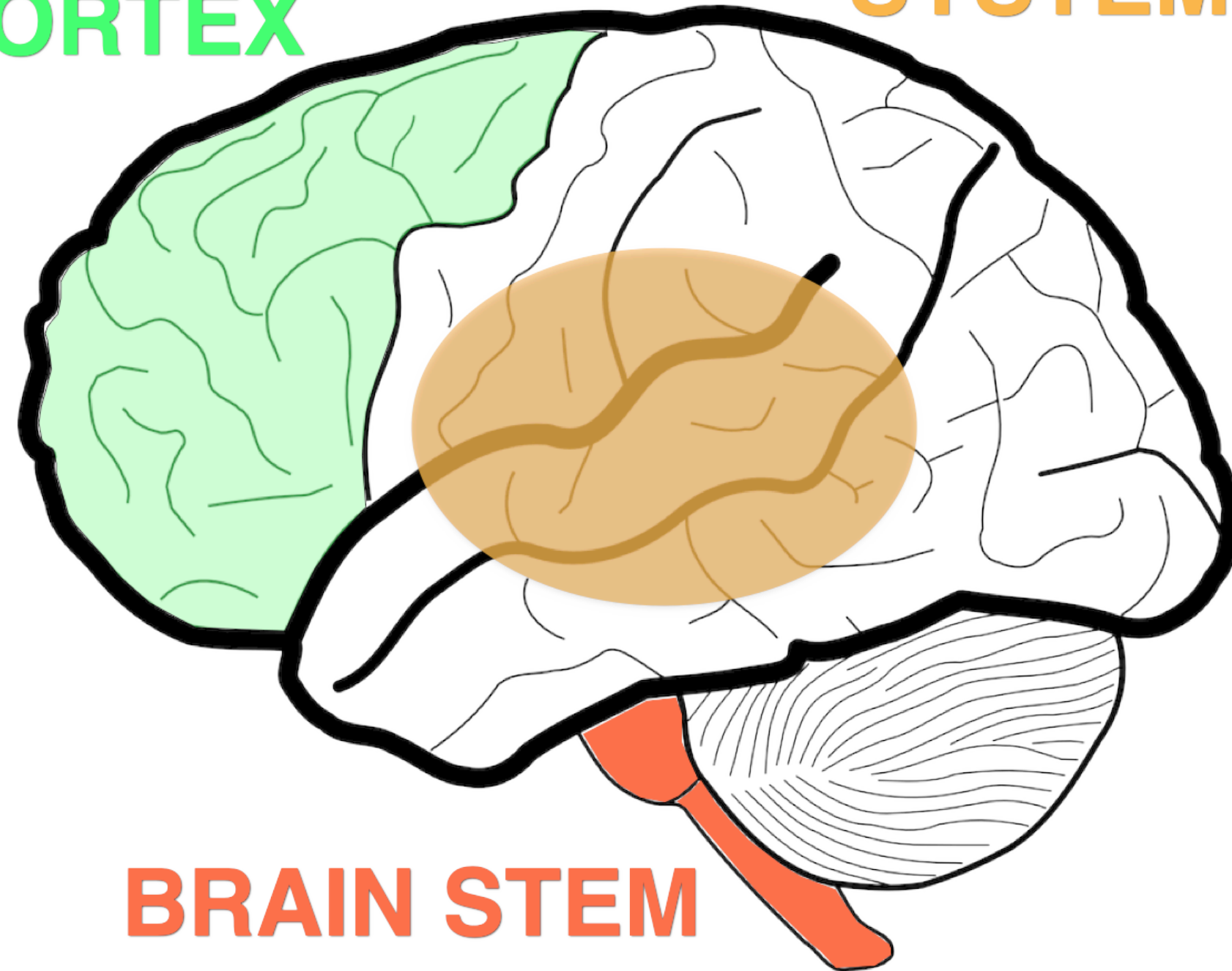
DECREASED IMMUNITY

HORMONAL IMBALANCES
INCREASED CORTISOL

MUSCLE PROTEIN BREAKDOWN

**PREFRONTAL
CORTEX**

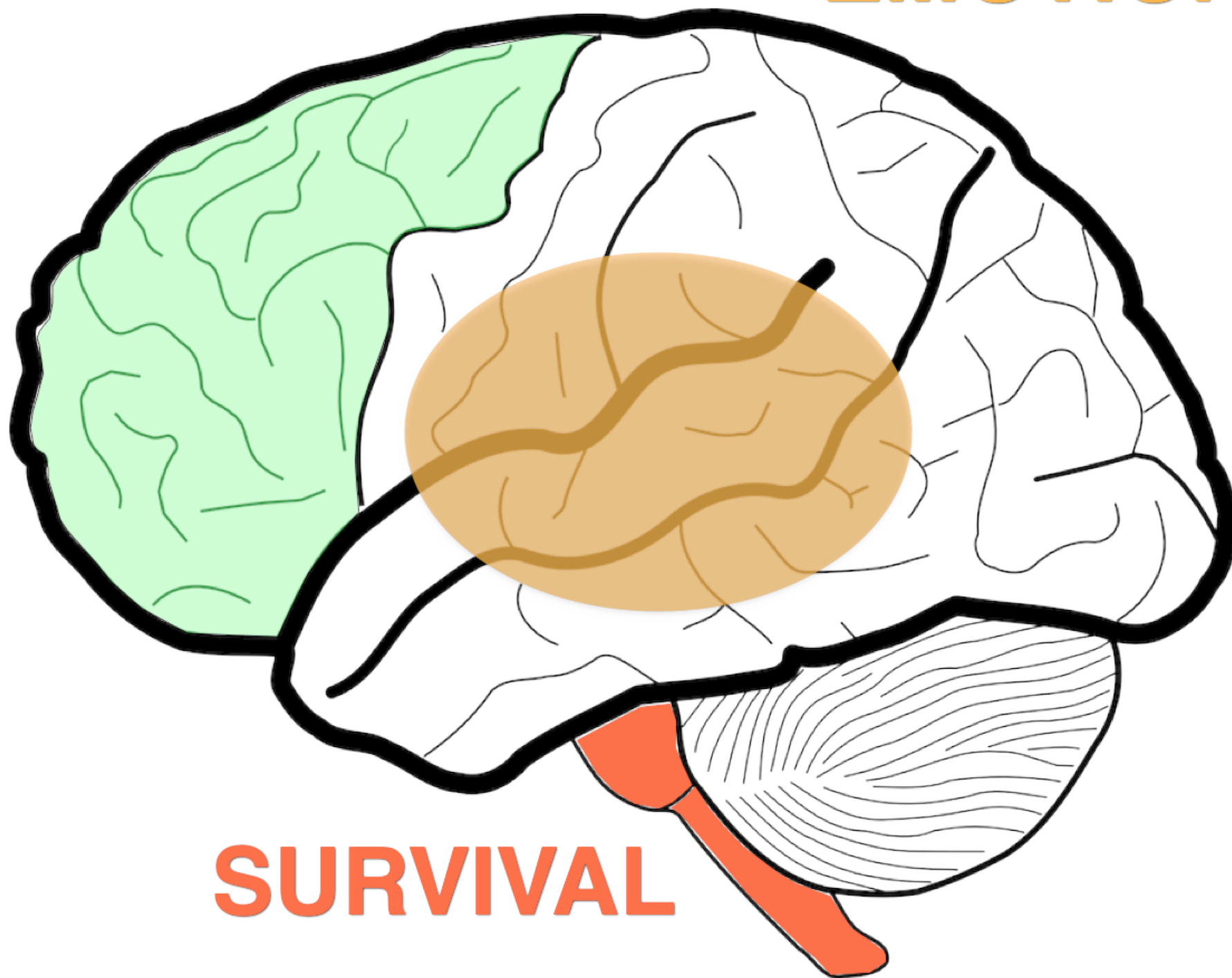
**LIMBIC
SYSTEM**



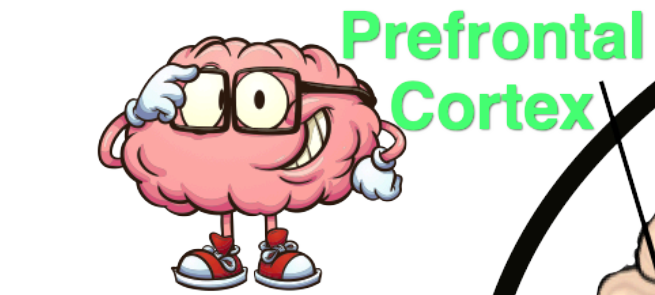
BRAIN STEM

INTELLECTUAL

EMOTIONAL



SURVIVAL



Prefrontal Cortex

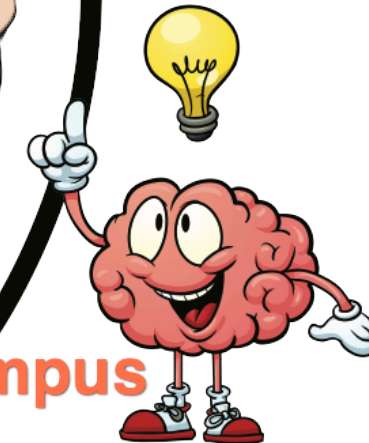
Involved in learning and attention. Helps us manage emotional reactions, predict the consequences of our actions, and coordinate and accommodate complex behaviors.

Amygdala



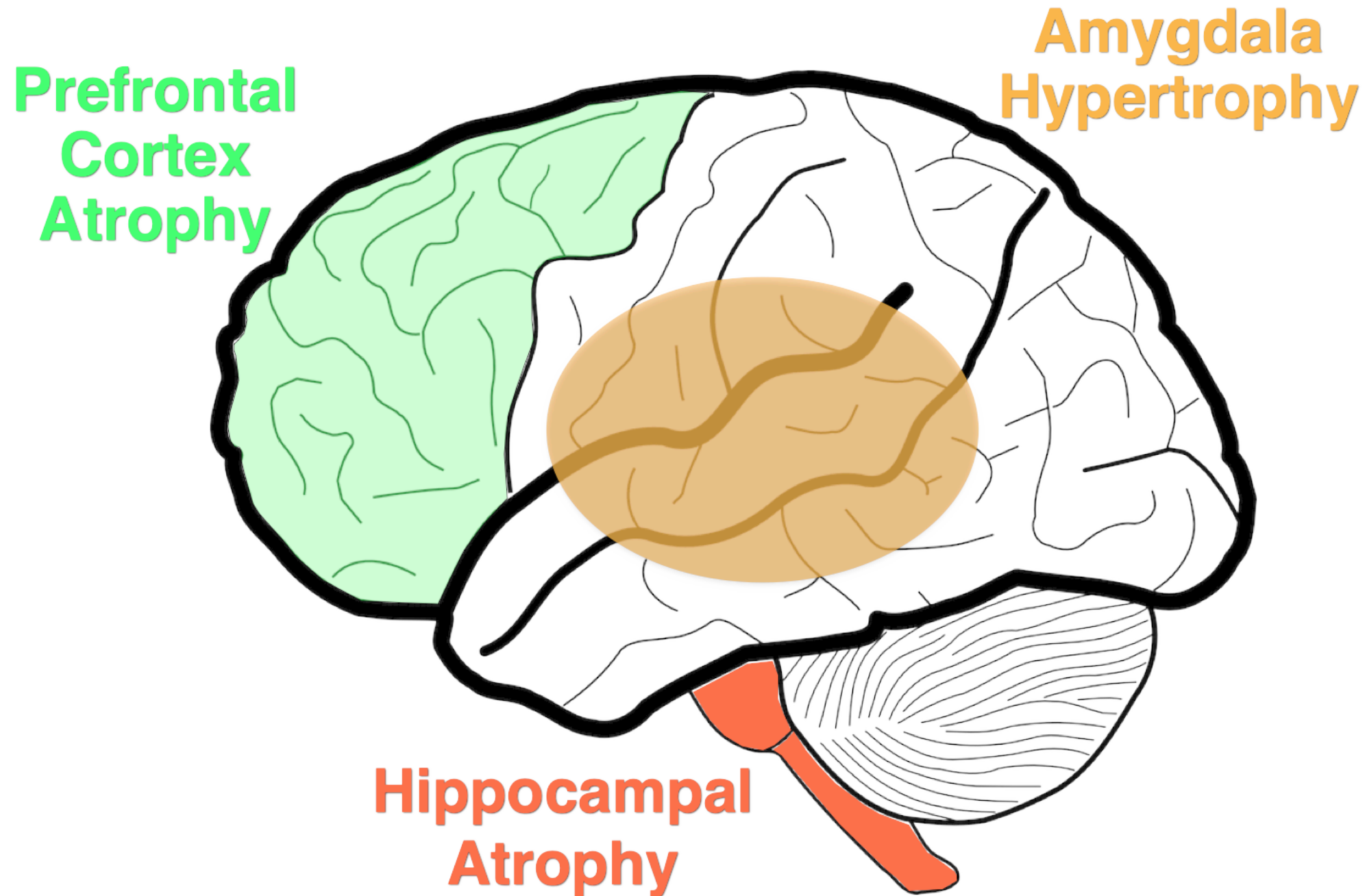
Involved in emotional responses, "fight or flight", and consolidating emotional memories. It keeps us safe as it is always scanning for danger and modulating our ensuing behavior.

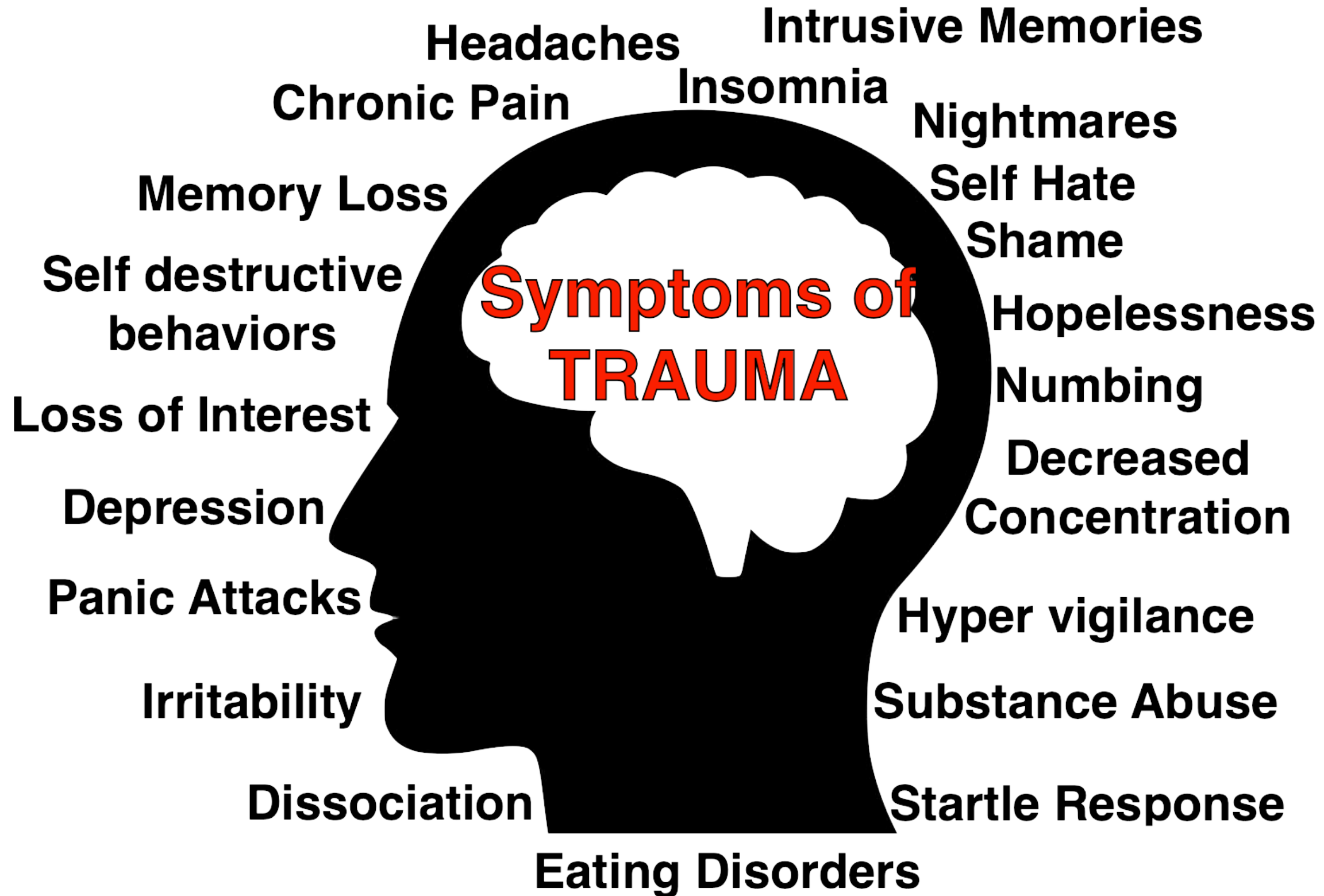
Hippocampus



Involved in memory and learning. Consolidates new memories. (converts STM to LTM)

Chronic Stress





Obligation

**STOP PRACTICING
NEVER ENDING
SELF TALK**

Entitlement

Resentment

Avoid Posting “First in, Last Out”

Obligation

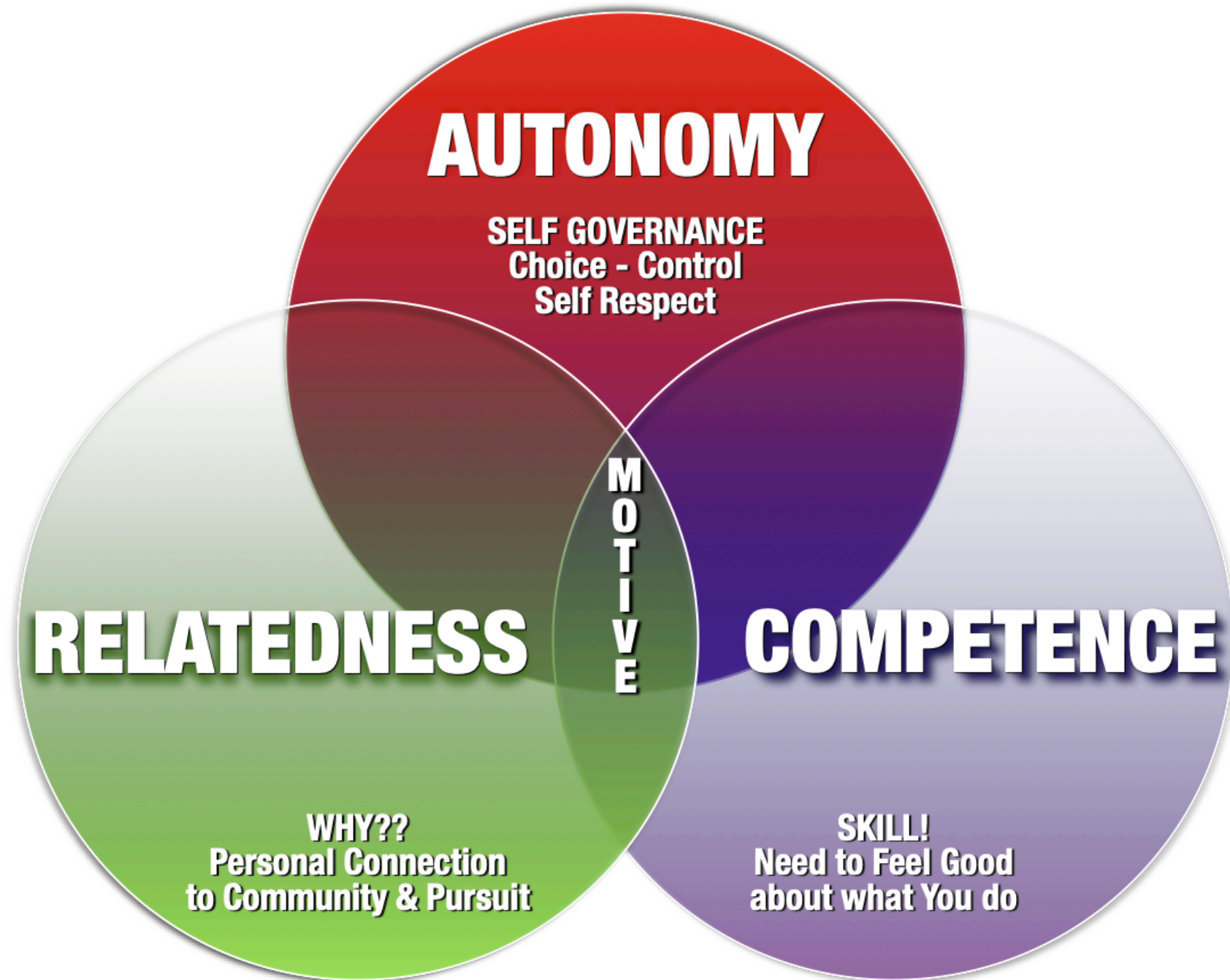
3 Antidotes to switch your
MOOD

WATER
SLEEP
GRATITUDE

Entitlement

Resentment

WHERE IS MY MOTIVATION?



TENSION is the enemy of LEARNING

WHY

M-
I-
N-
D-
F-
U-
L

● SKILL ●

M-
I-
N-
D-
F-
U-
L

Ready
To
Learn

It is a REQUIREMENT of LEARNING to
PREPARE the BRAIN to LEARN.

Why practice breathing?

TENSION is the enemy of **TONE**

Why practice breathing?

TENSION is the enemy of **TONE**

TENSION is the enemy of **LIFE**

Why practice breathing?

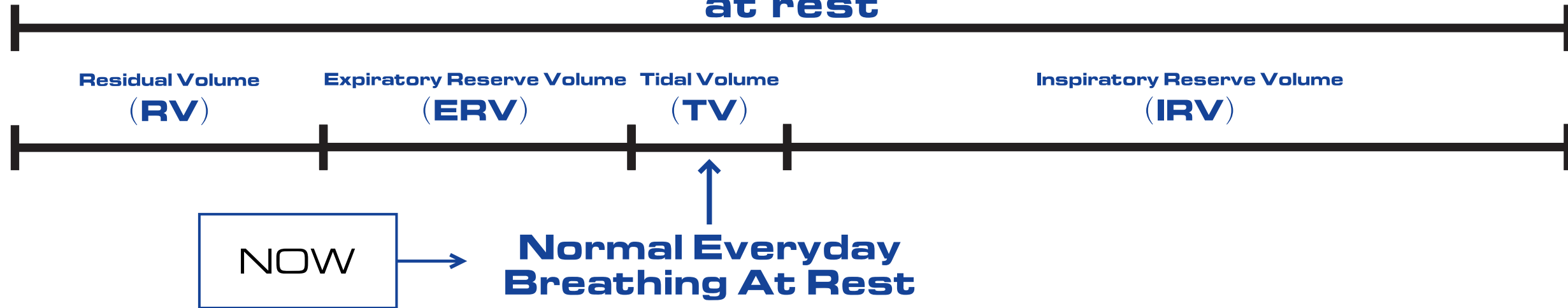
TENSION is the enemy of **TONE**

TENSION is the enemy of **LIFE**

TENSION is the enemy of **LEARNING**

Tidal Volume = Relaxed Flow

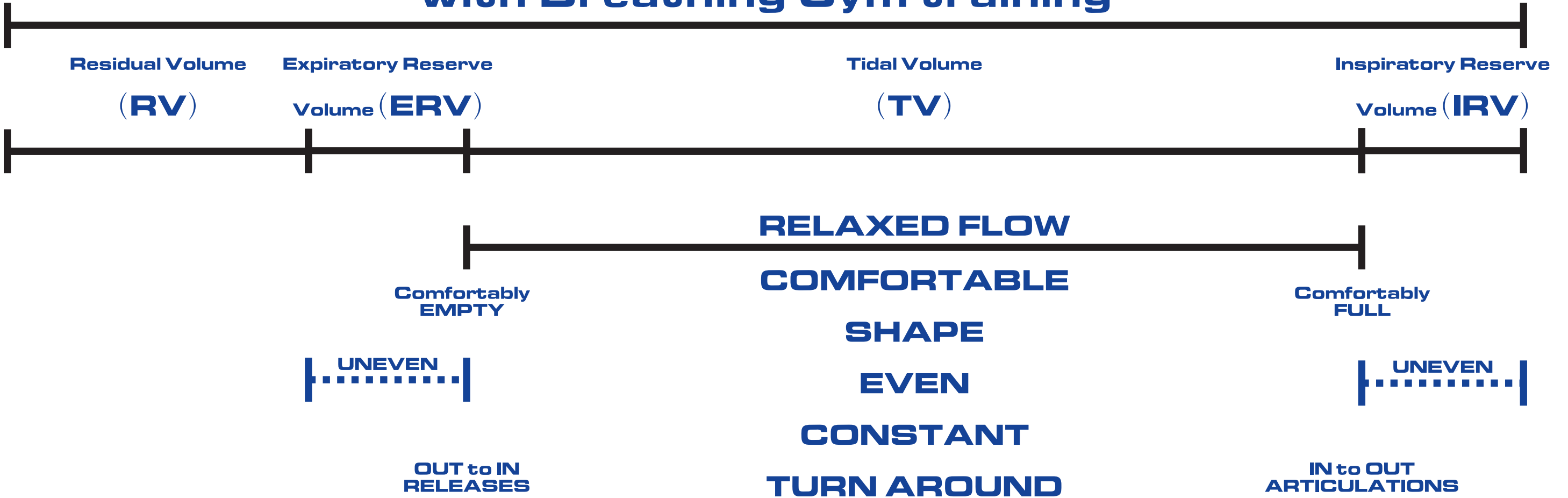
TOTAL LUNG CAPACITY at rest



TOTAL LUNG CAPACITY with Breathing Gym training



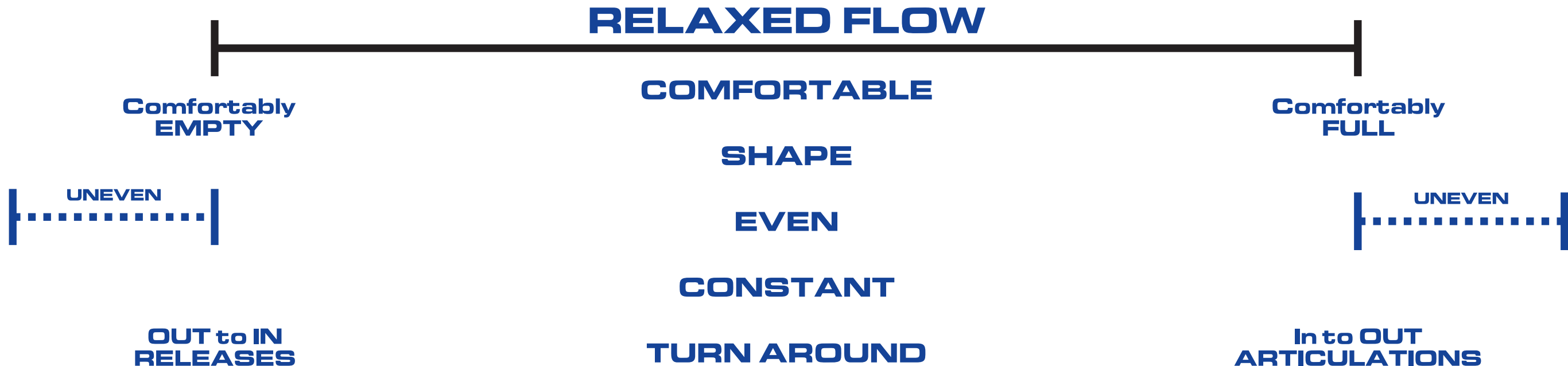
TOTAL LUNG CAPACITY
with Breathing Gym training

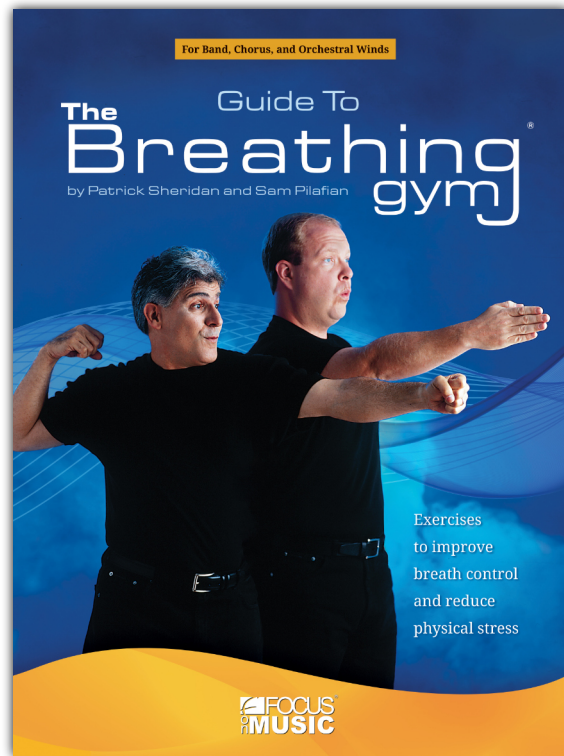


RELAXED FLOW
is
COORDINATED BREATHING with a MIND full of TONE

FLOW FORM

(The Rules for Relaxed Flow)





The Breathing gym



is a somatic educational system designed by Sam Pilafian (1949-2019) and Patrick Sheridan which aims to improve physical function and movement through breathing exercises and directed attention.

The Breathing Gym is a method to learn to

**breathe more freely,
reduce physical stress,
&**

prepare the mind to learn.

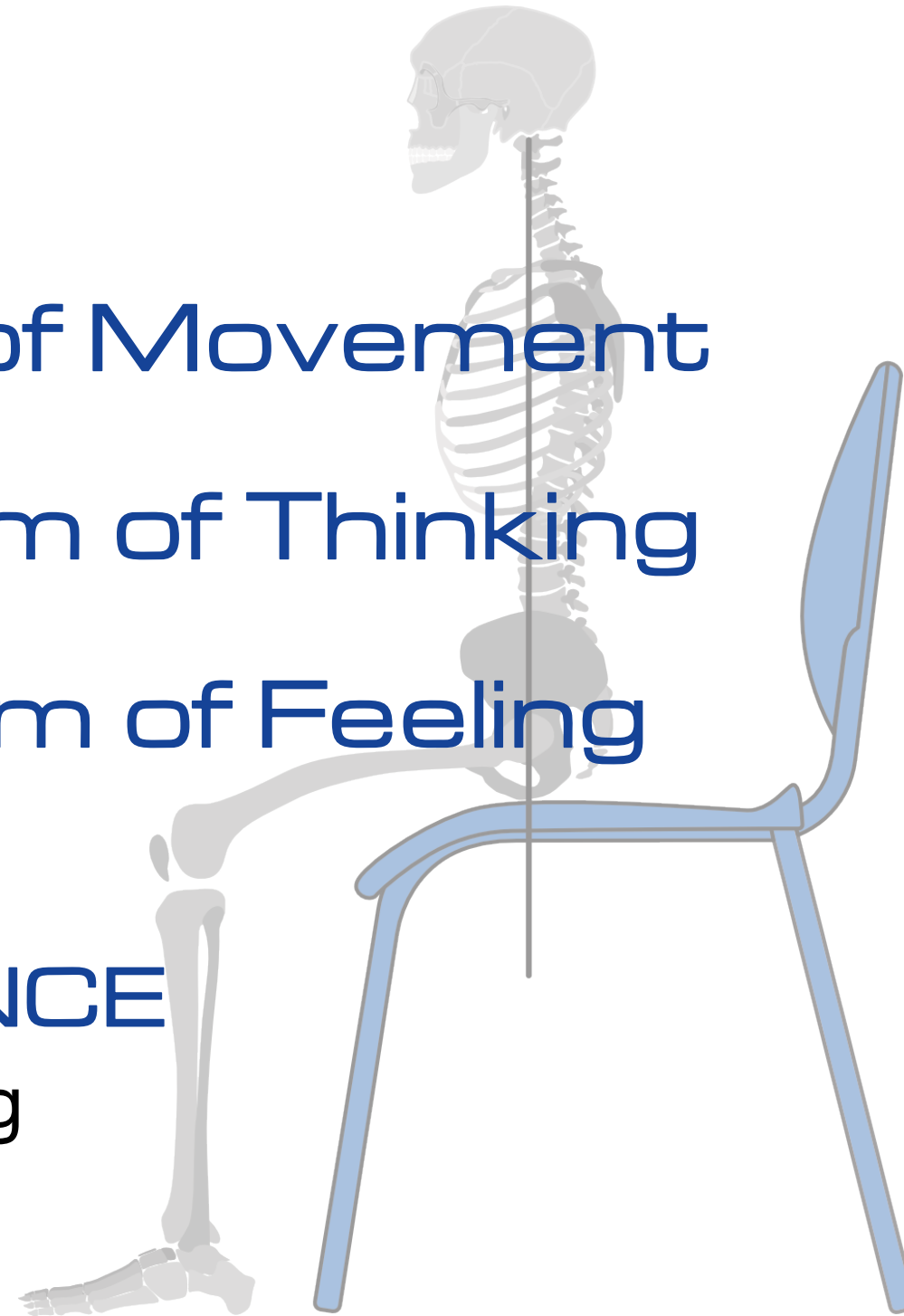
BALANCE is FREEDOM

Physical Balance is Freedom of Movement

Intellectual Balance is Freedom of Thinking

Emotional Balance is Freedom of Feeling

REMEMBER to BALANCE
your skeleton during
RELAXED FLOW



Common Phrases for Teaching Winds

Sit up straight - Feet flat on the floor

Open your throat

Breathe Low

Breathe from the Bottom

BREATHE!!

Air Support

Shoulders Down

Warm Air

Common Phrases for creating TENSION

Sit up straight - Feet flat on the floor

Open your throat

Breathe Low

Breathe from the Bottom

BREATHE!!

Air Support

Shoulders Down

Warm Air

Promote BALANCE

**Sit Balanced Over Sit Bones
Knees Below Hips**

**Open Your Mouth
(Shape - OH or WHOA)**

Good Shape (Oh) - Relaxed Flow

Good Shape (Oh) - Relaxed Flow

Promote Tension

**Sit up Straight
Feet Flat on the Floor**

Open Your Throat

Breathe Low - Bottom

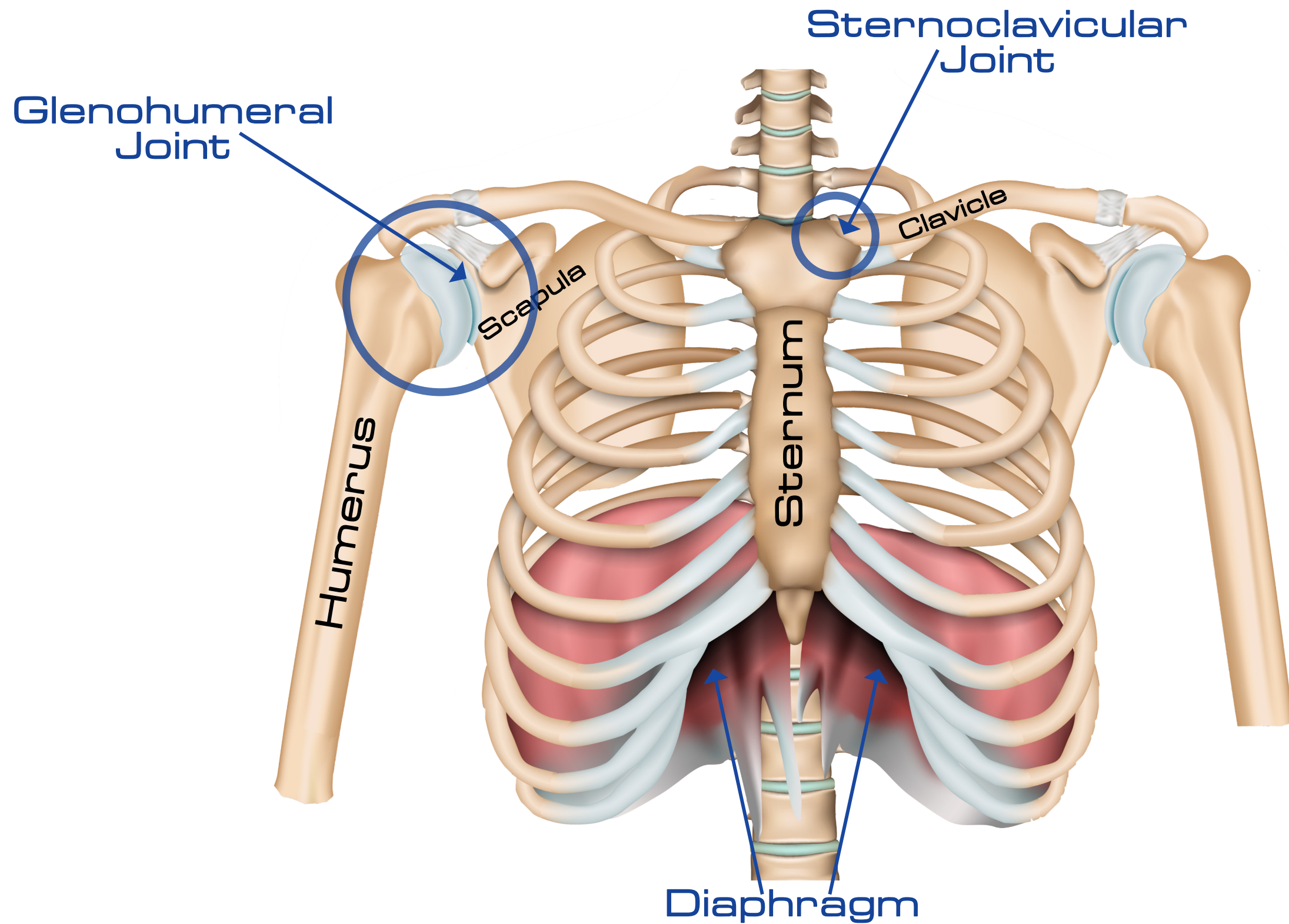
BREATHE - Air Support

Warm Air - Hot Air

BALANCE is FREEDOM
Physical Balance is Freedom of Movement

My 1st Tuba Solo Mom on Piano





Muscles of
INHALATION

**Secondary
Muscles**

Sternocleidomastoid

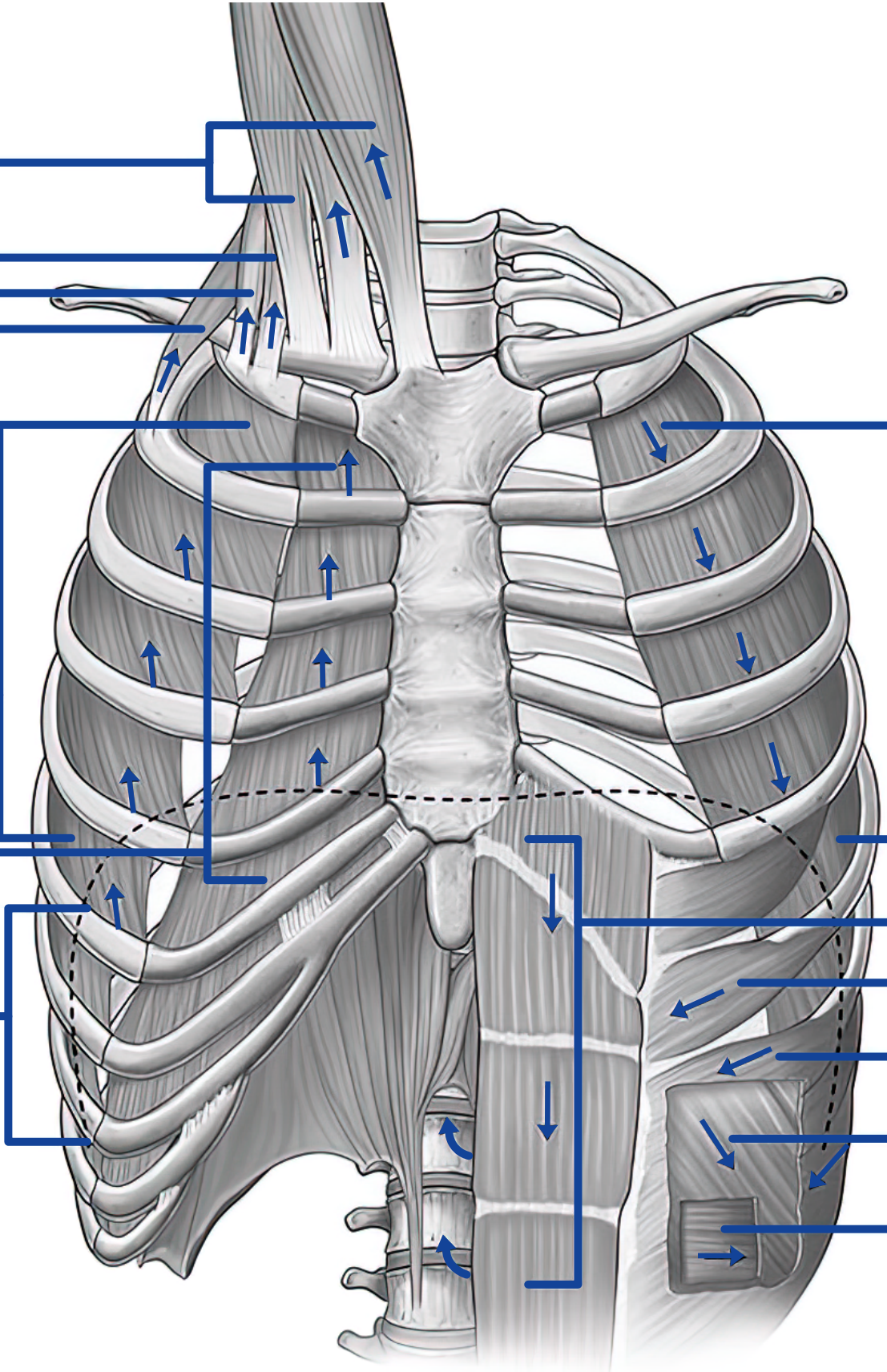
Scalenes
Anterior
Middle
Posterior

**Principal
Muscles**

External
Intercostals

Interchondrial
part of internal
intercostals

Diaphragm



**Tidal Volume
(Without force)
RESTING**

Exhalation
results from
passive recoil of
muscles

**Tidal Volume
(During exercise)
ACTIVE**

Internal
Intercostals

Abdominals

Rectus abdominis

External oblique

Internal oblique

Transversus
abdominis

Muscles of
EXHALATION



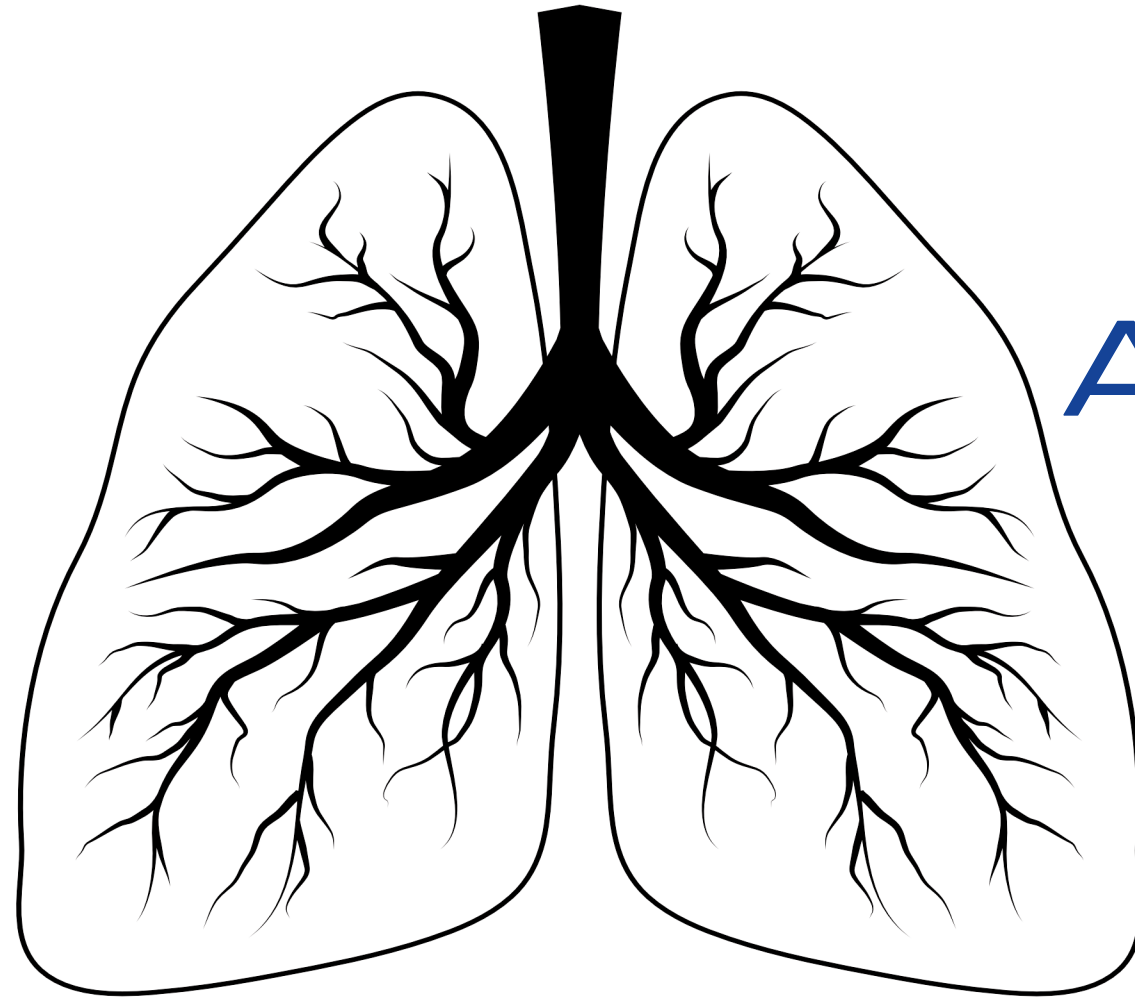
BREATHE WHERE??



Breathe
LOW?

Breathe from
the
BOTTOM?

BREATHE!?!?



AIR
goes into
ALL PARTS
of your
LUNGS

during
INHALATION



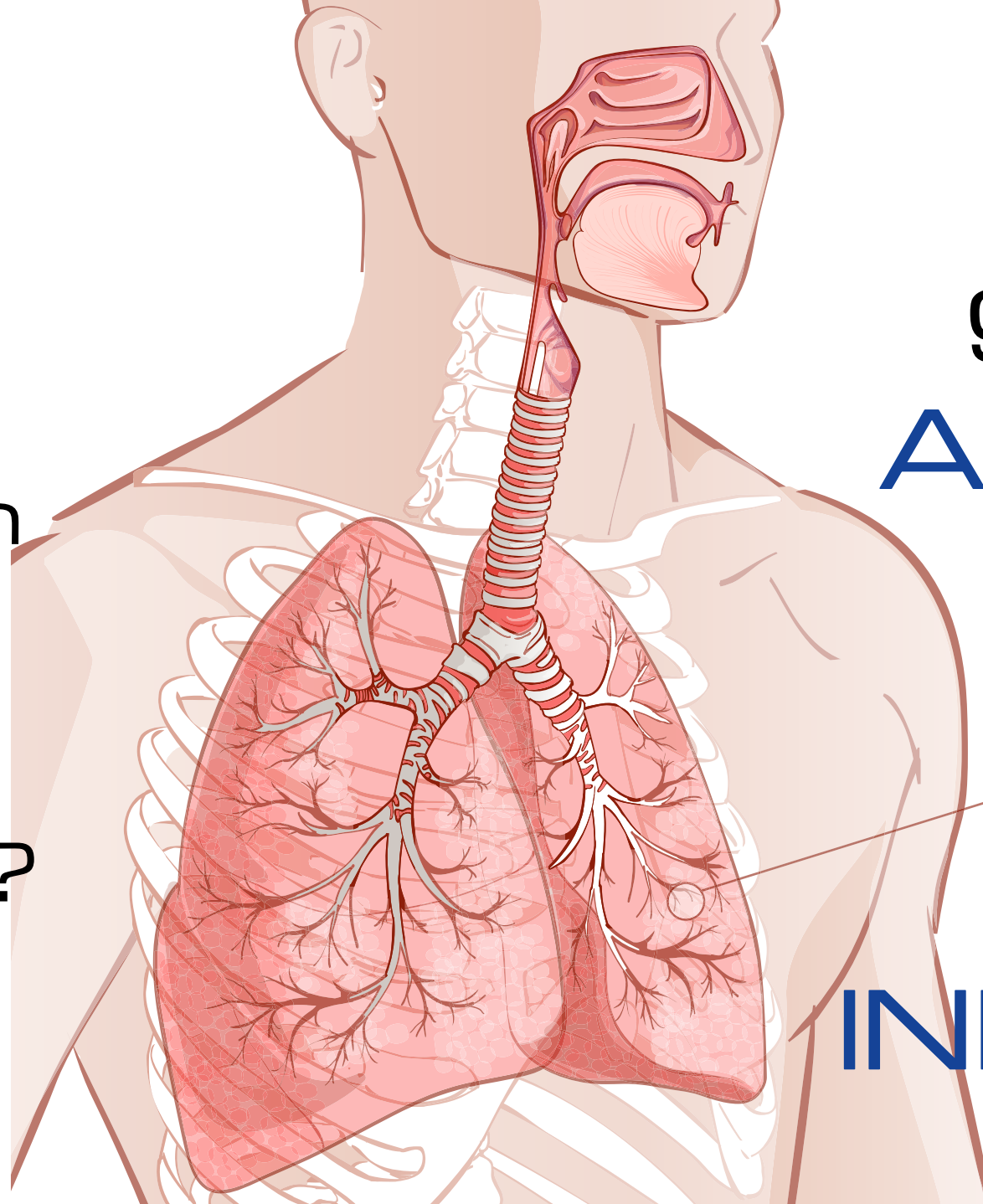
BREATHE WHERE??



Breathe
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BREATHE!?!?



AIR
goes into
ALL PARTS
of your
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INHALATION

Standing Balance Points

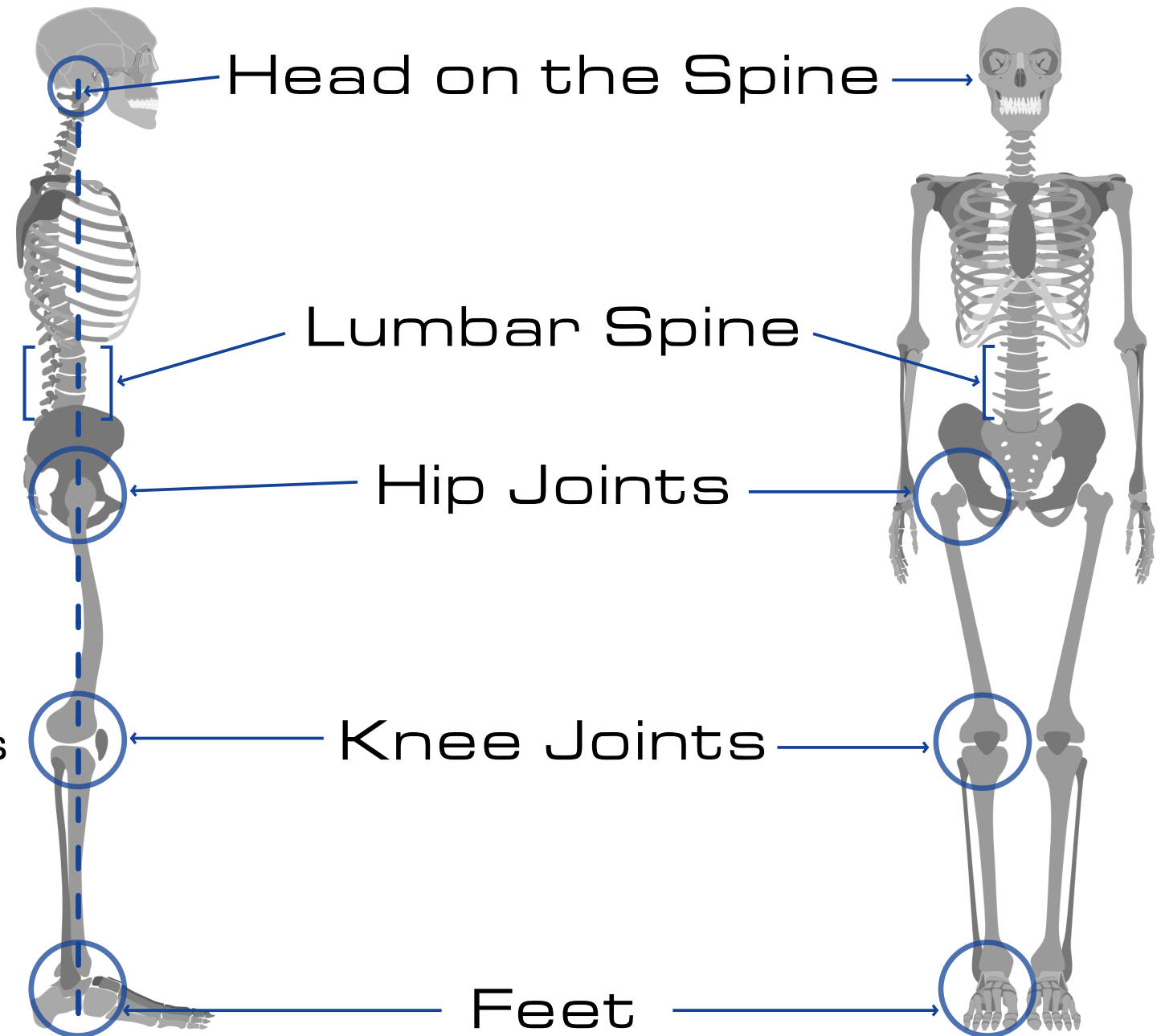
Balance your Head dynamically over the other Standing Balance Points

Be **Flexible** at your Lumbar Spine

Move with **Ease** at your Hip Joints

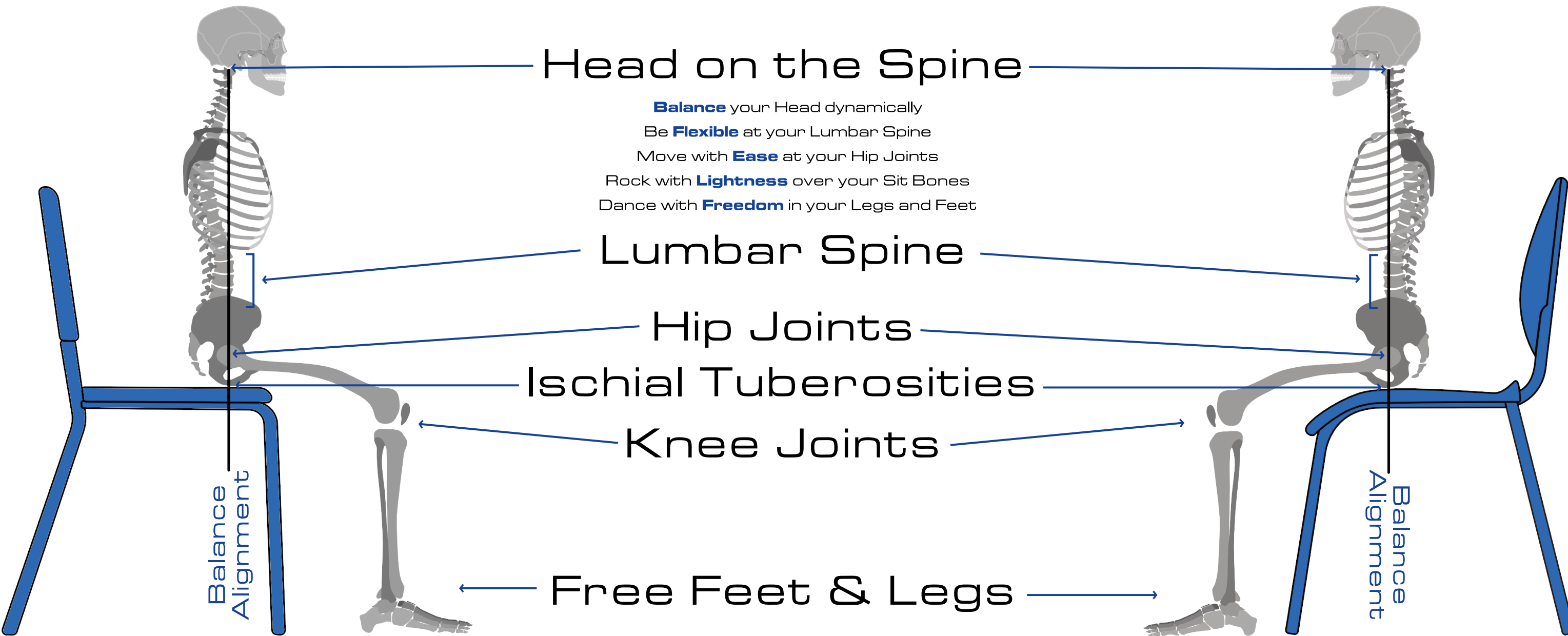
Move with **Freedom** at your Knee Joints

Move with **Lightness** over your Arches



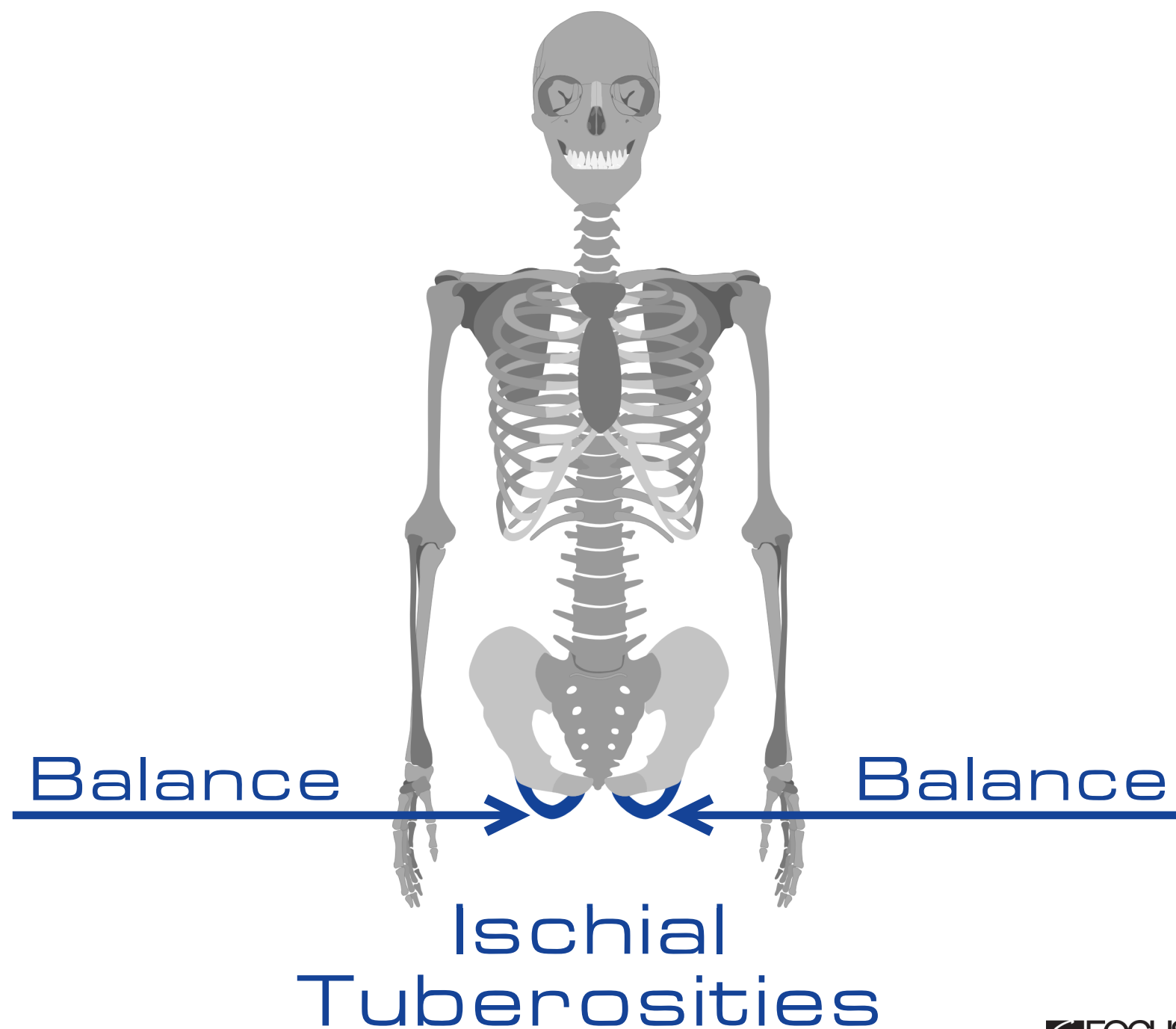
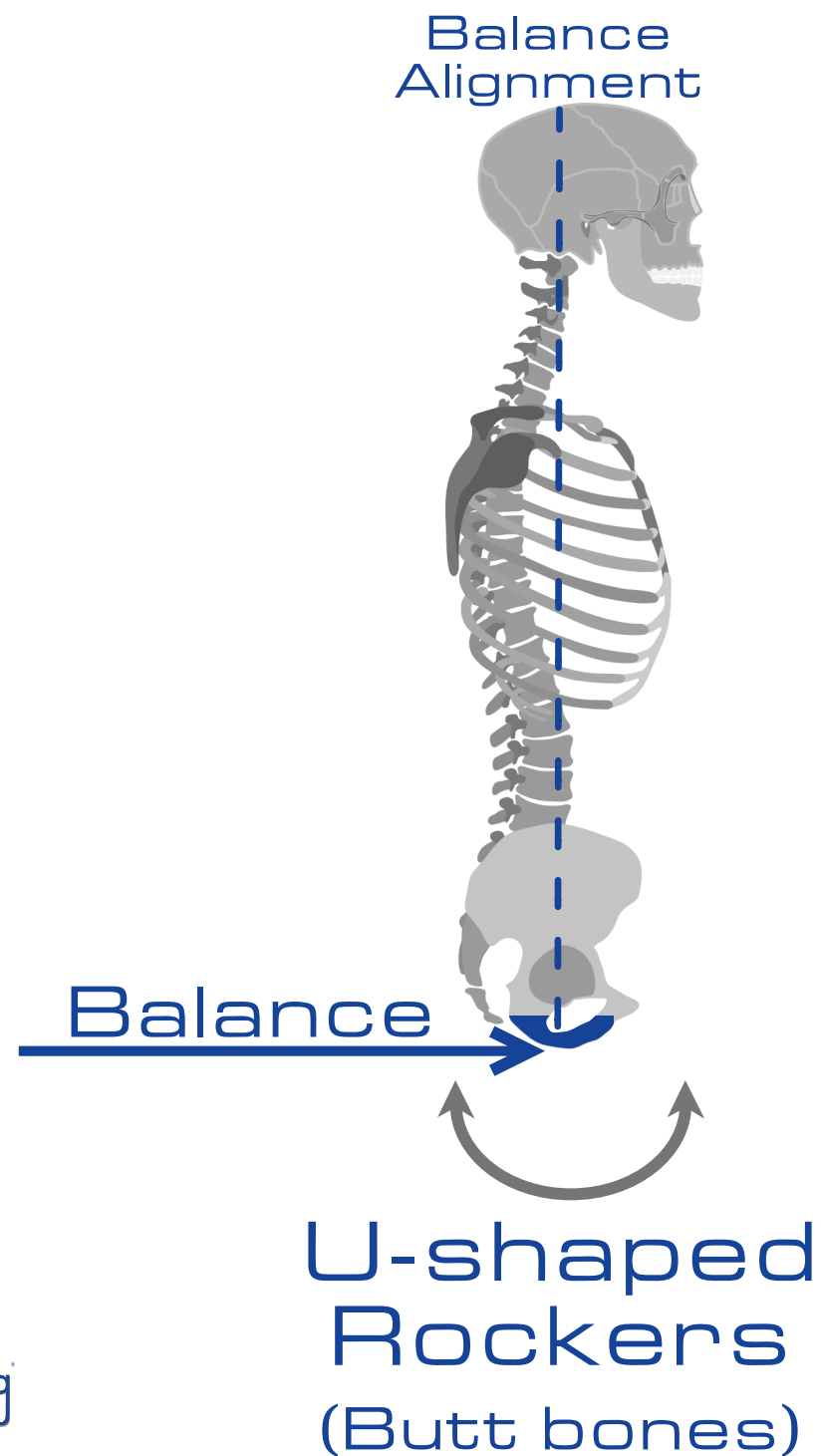
BALANCE your skeleton during FLOW

Seated Balance Points





Balance on What?

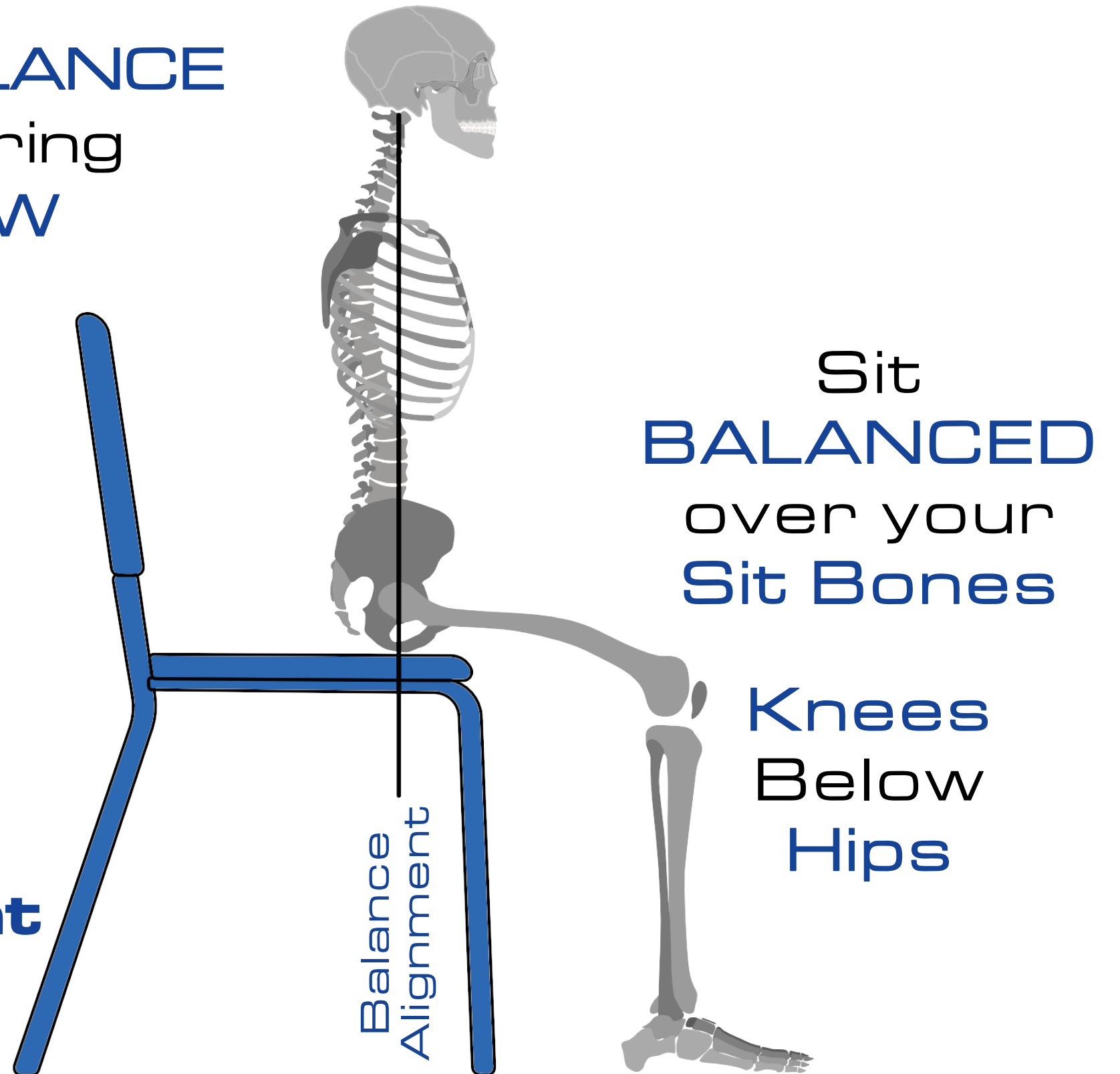


REMEMBER to **BALANCE**
your skeleton during
RELAXED FLOW

Flexible Ease

Dynamic Lightness

Freedom of Movement



BALANCE your skeleton during FLOW

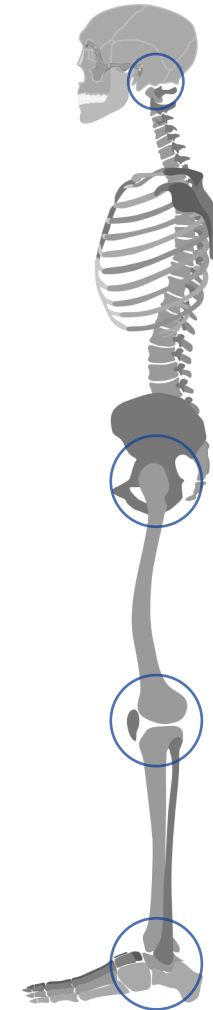
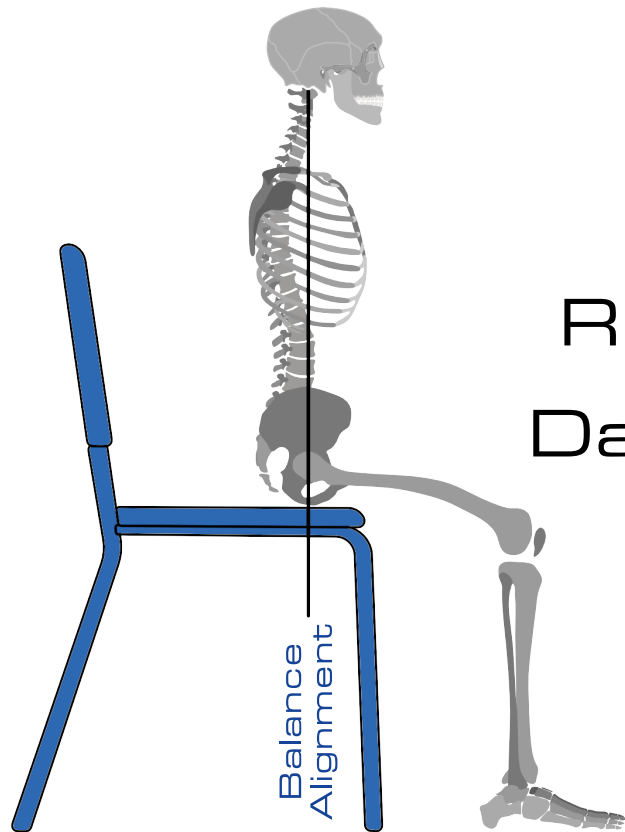
Balance your Head dynamically

Be **Flexible** at your Lumbar Spine

Move with **Ease** at your Hip Joints

Rock with **Lightness** over your Sit Bones

Dance with **Freedom** in your Legs and Feet



RELAXED FLOW

is

COORDINATED BREATHING with a MIND full of TONE



Warm-up Sequence

Stretches for the Spine

Workout Therapies

Relaxed Flow

The Breathing[®] gym

In Rehearsal

Stretches for the Spine

(if needed for movement reset)

Relaxed Flow on Instrument

Wind Pattern

Wind Horn

One Note/Low Note

The Breathing[®] gym

In the Practice Room

1 - **SING**

2 - **WIND**

3 - **PLAY**

SING = Sing what you see

WIND = Choose Wind Pattern/Wind Horn/One Note

PLAY = Match your Air to your Ear



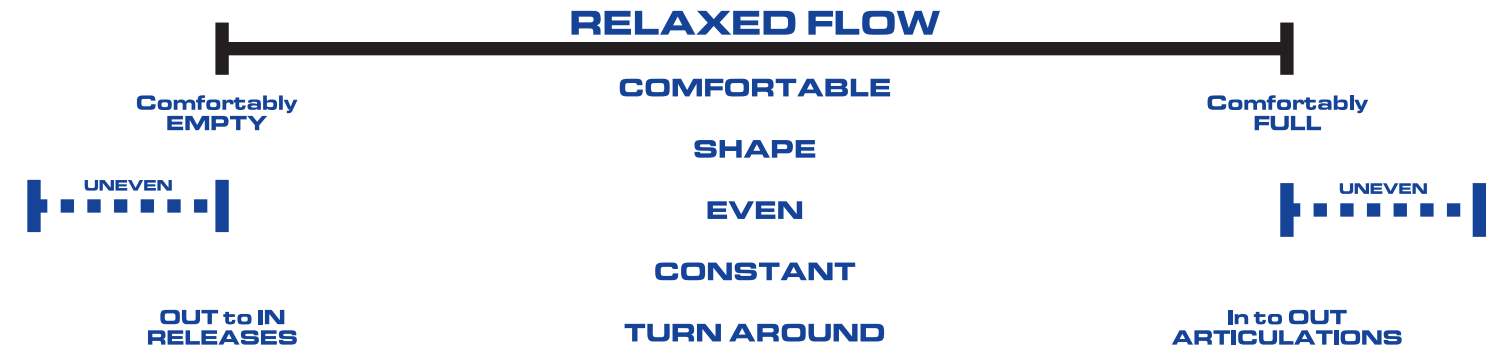
Quick Breath Exercise



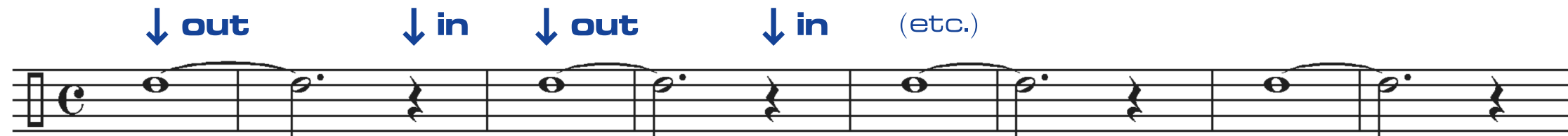
FLOW FORM

(The Rules for Relaxed Flow)

RELAX as the breath gets shorter.
This is very **COORDINATED** breathing.
You are practicing **FLOW FORM** quickly.



For faster tempi ♩ = 104-172



Repeat
as many times
as necessary

It is a **REQUIREMENT** of **LEARNING** to
PREPARE the **BRAIN** to **LEARN**.

EVERY DAY

In music ensembles of every kind,

WE exist to make
EACH OTHER BETTER

SING, DANCE, PLAY

with

Flexible Ease & Dynamic Lightness

We come to **MUSIC** needing to express something
unspeakable...

Therefore in practice and rehearsal,

MAKE IT FUN TO ATTEMPT!
MAKE IT SAFE TO FAIL!

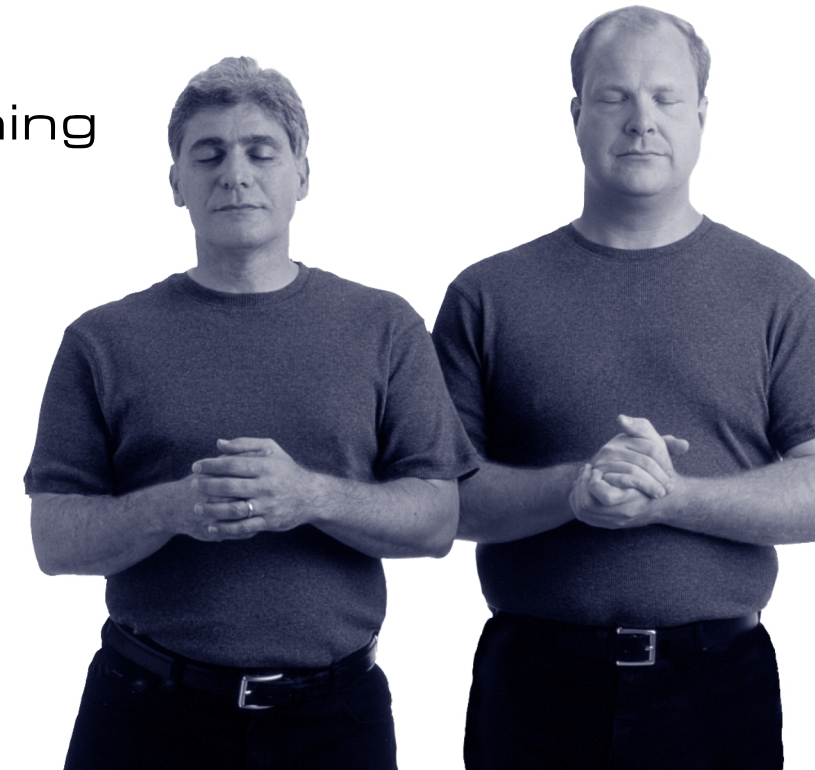
CELEBRATE the **GIFT**
of musical expression
EVERY DAY!

Patrick Sheridan

Mistakes?
REMEMBER

**IT'S
FUNNY**

not frustrating



CONTACT



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