

## Hidden In Plain Sight

Errata:

Replace the last text on page 64, after the words “A particular kind of breathing“, with the following. If you wish, this print out can be trimmed and pasted to the right of image 3.5, and fit over the text to be corrected.

called ‘reverse breathing,’ is used to specifically develop the *tanden*. In reverse breathing, you draw the pelvic floor upwards, the abdomen inwards, the spine flexes (curves into what is called a ‘back bow’) and the diaphragm draws downwards as well. The chest, rather than tensing and inflating, stays relaxed. On exhale, the diaphragm draws up, the abdomen goes outwards, *but it does not go slack*, the spine un-flexes like a bow released (to the neutral position, not arched) and *the*