

THE WILSON METHOD BREATH BALLS

YOUR GUIDE TO BREATHING & SINGING FREEDOM

4" SEA BLUE



6" SUN YELLOW



5" VOLCANO RED



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STORY OF THE WILSON METHOD BREATH BALLS

In the mid-2000s, during the early creative stages of The Wilson Method for Voice, I began casting about for therapy items to help people help themselves. It had occurred to me that so often, even the most effective therapies require consistent visits to a practitioner. I wished to have the ability to teach people how to better learn to take care of themselves, exploring restorative yoga and myo-fascial work in the comfort of their own homes. My goal? To do myself out of a job. That those who came to me for help would, after five or six sessions, become increasingly self-sufficient in working with their respiratory health, asthma, anxiety, physical pain, vocal power and singing skills.

I therefore began to cast about for items that would assist in releasing the muscles and fascia that impede the voice, while strengthening the muscles that engage and empower the deep core support system. There were few items readily available; yoga blocks and bolsters were around, but they weren't quite right. I eventually found the solution: cheap dollar-store balls that nicely maneuvered into those tricky areas of the body. They weren't quite the right size, they were of poor quality (went flat and would burst), they smelled bad, but as they were all that were available; I used them as best I could. Then, in early 2017, I read about the manufacturing process of these cheap plastic balls – the child labour, the deadly chemicals, the damage to the environment... this information greatly troubled me. Further, in my work with jaw troubles and TMD, my clients were putting these toxic items near their mouths... It was time to make a change.

Your Wilson Method Breath Balls are made of high quality vinyl. They have been created, along with highly specific movements, routines and poses, to target and release tight muscle and fascia. They massage deeply into your high tension areas in order to increase the tonicity of your diaphragm, helping you breathe with greater efficiency. They are made with a specific thickness that is safer for soft tissue work, and to exact size specifications for the various parts of the human body for which they were created. When used in tandem with the The Wilson Method by David Wilson, they provide a safe, integrated way to treat pain, increase energy, bolster core strength, breathe easier, and help you live in your body with greater comfort. They also have little bumps covering the surface, making them even more unique and effective. These raised dots add acupressure; you are receiving the bonus of increased blood supply as well as the self-massage and trigger point therapy. In alignment with The Wilson Method's goals of self-help and building somatic awareness and interoception, you are encouraged to tailor your myo-fascial self-treatment to meet your personal needs.

STANDARDS & COMPLIANCE

Your Wilson Method Breath Balls are manufactured with vinyl instead of plastic, and are considered the peak technological evolution of elasticity, performance, longevity and safety. They are high quality, long lasting balls that are specifically created for physical therapy, movement and well-being, whether it be fitness, body-rolling, fascial massage, posture work, yoga, pilates, or singing lessons. They are 100% safe for children and pets. The raw material used in the production process is high quality PVC (vinyl) in compliance with the REACH – EC 1907/2006 chemical regulation. Your Wilson Method Breath Balls are completely free of harmful chemicals such as phthalates, latex, lead and BPA. The manufacturing process does not generate any toxic exhaust emissions in the atmosphere, and no child labour is used in any stage of the manufacturing process. Moreover, they are 100% recyclable (PVC 3 category).

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MEDICAL DISCLAIMER

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PERSONAL RESPONSIBILITY

Further, I understand that my body is my responsibility, and that I agree, prior to taking part in any activities listed in this PDF and/or associated with The Wilson Method, that I am responsible for my own actions, the actions of my students, and that performing any activities herein is entirely at my own risk. I understand that The Wilson Method is not a substitute for medical attention, diagnosis or treatment. I recognize that it is my responsibility to notify my healthcare provider of any illness or injury prior to taking part in any activity, including The Wilson Method, and that I will not perform any activities herein to the extent of strain or pain. By purchasing these Wilson Method Breath Ball products, I hereby accept and agree that neither The Wilson Method, David Wilson (Founder & Principal) nor any certified The Wilson Method instructors, is or are liable for any injury or damages to person or property resulting from taking part in The Wilson Method activities, exercises, or items purchased through the www.the-wilson-method.com, or www.body-breath-voice.com webpages, or in person.

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THE WILSON METHOD BREATH BALLS

A PRIMER

WHY ARE THERE DIFFERENT SIZE BREATH BALLS?

- 1. DIFFERENT ANATOMICAL AREAS REQUIRE DIFFERENT SIZE BALLS: THE THREE DIFFERENT SIZES OF WILSON METHOD BREATH BALLS (4" SEA BLUE, 5" VOLCANO RED, 6" SUN YELLOW) HAVE BEEN SPECIFICALLY CREATED TO BE BOTH SAFE AND EFFECTIVE FOR SPECIFIC SPOTS ON THE HUMAN BODY.**
- 2. BODY SIZE AND TYPE: THE THREE SIZES OF TWM BREATH BALLS ARE FASHIONED FOR DIFFERENT SIZE BODIES AND/OR BODY TYPES. FOR INSTANCE, THOSE OF SMALLER STATURE WILL OFTEN REQUIRE SEA BLUE FOR THE SOLAR PLEXUS, CHEST AND UPPER BACK, WHEREAS LARGER BODIES MAY FIND GREATER EFFECTIVENESS WITH VOLCANO RED OR EVEN SUN YELLOW FOR THE SAME SPOTS. FURTHER, A WOMAN'S BUST SIZE WILL HAVE AN IMPACT ON WHICH OF THE THREE BREATH BALLS WILL BE MOST EFFECTIVE FOR THE CHEST CENTER POINT. THESE VARIATIONS ARE SHOWN ON THE TWO KEY PAGES AS MULTIPLE BALL ICONS CENTERED ON THE SAME POINT - SOME EXPERIMENTATION WILL BE NECESSARY.**
- 3. PERSONAL FLEXIBILITY LEVELS: THE OPTIMAL SIZE BREATH BALL FOR A GIVEN PART OF THE BODY MAY DEPEND LESS ON BREATH BALL SIZE, AND MORE ON THE INDIVIDUAL'S LEVEL OF FLEXIBILITY OR TENSION. FOR EXAMPLE, SOME MAY FIND THE SUN YELLOW FEELS TOO STRESSFUL FOR THE UPPER BACK POINT. OTHERS MAY NOT FEEL THE SEA BLUE OR VOLCANO RED ENOUGH, OR MAY FIND A SMALLER SIZE BREATH BALL TOO PAINFUL - LISTEN TO YOUR BODY.**
- 4. THE PROCESS OF GRADUATING RELEASE: DIFFERENT SIZE BALLS CAN BE USED FOR THE SAME AREAS OF THE BODY BECAUSE OVER TIME, ONE'S TENSION AND FLEXIBILITY LEVELS WILL CHANGE. FOR SOME, BEGINNING WITH THE SEA BLUE WILL BE TOO PAINFUL DUE TO ITS SPECIFICITY, SO THEY MIGHT START WITH SUN YELLOW, AND OVER WEEKS OR MONTHS GRADUATE TO VOLCANO RED THEN TO SEA BLUE. FOR OTHERS, THE EXACT OPPOSITE MAY BE TRUE - SOME EXPERIMENTATION WILL BE NECESSARY.**

HOW DO I BREATHE WHEN I'M USING THE BREATH BALLS?

ONE OF THE MANY GOALS OF THIS METHOD IS THAT OVER TIME, YOU ARE DROPPING YOUR BPM (BREATHS PER MINUTE) TO 6 OR LOWER. FOR MAXIMUM EFFECTIVENESS, ALL WORK ON THE BREATH BALLS SHOULD BE PRACTICED IN TANDEM WITH THE FOLLOWING WILSON METHOD BREATHING TECHNIQUE:

INHALATIONS: THROUGH THE NOSE - SLOW, DEEP AND POWERFUL, USING AS MUCH DIAPHRAGMATIC DOWNWARD CONTRACTION AS POSSIBLE. THERE IS NO FORCE, ONLY POWER... THE DIAPHRAGM MOVES FIRST, THEN IN RESPONSE - THE RIBCAGE AND MID-BACK, THEN THE UPPER CHEST AND UPPER BACK.

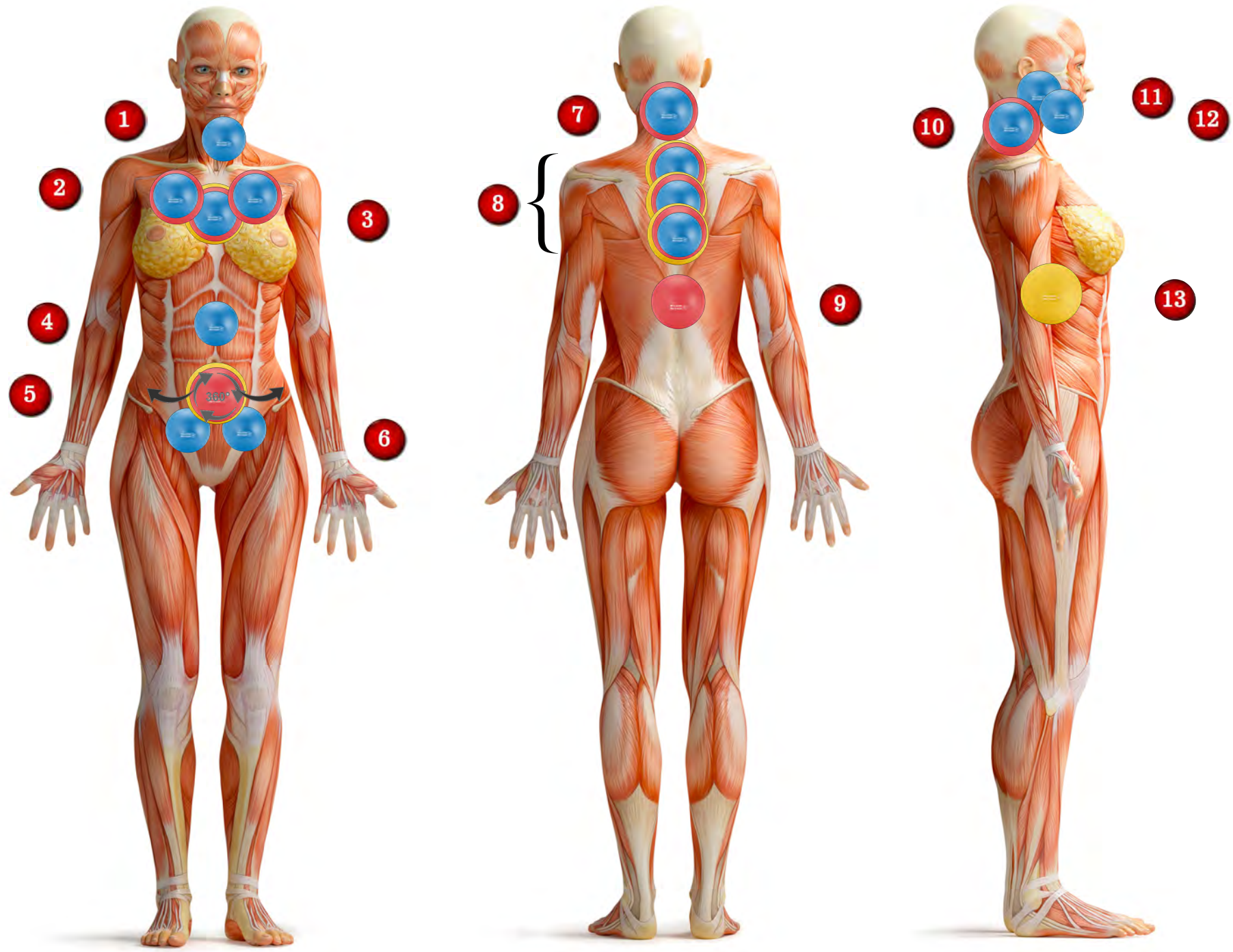
EXHALATIONS: THROUGH THE MOUTH - RELEASE WITHOUT HOLDING OR PUSHING. THE SURRENDER SIGH IS A COMPLETE LETTING GO OF EVERY MUSCLE IN YOUR BODY. THE LONGER YOU PRACTICE THE WILSON METHOD, THE FULLER, WIDER, DEEPER AND LONGER YOUR EXHALATIONS WILL BECOME.

PATIENCE AND CARE IS PARAMOUNT. PAIN LEVELS SHOULD NEVER BE GREATER THAN A 3/10. IF YOU ARE UNABLE TO SOFTEN AND SURRENDER DUE TO STRAIN WITHIN FIVE BREATHS, TAKE A BREAK, THEN CHANGE TO A DIFFERENT BREATH BALL. PLEASE BE PATIENT AND BE AWARE OF WHAT YOUR BODY IS TELLING YOU.

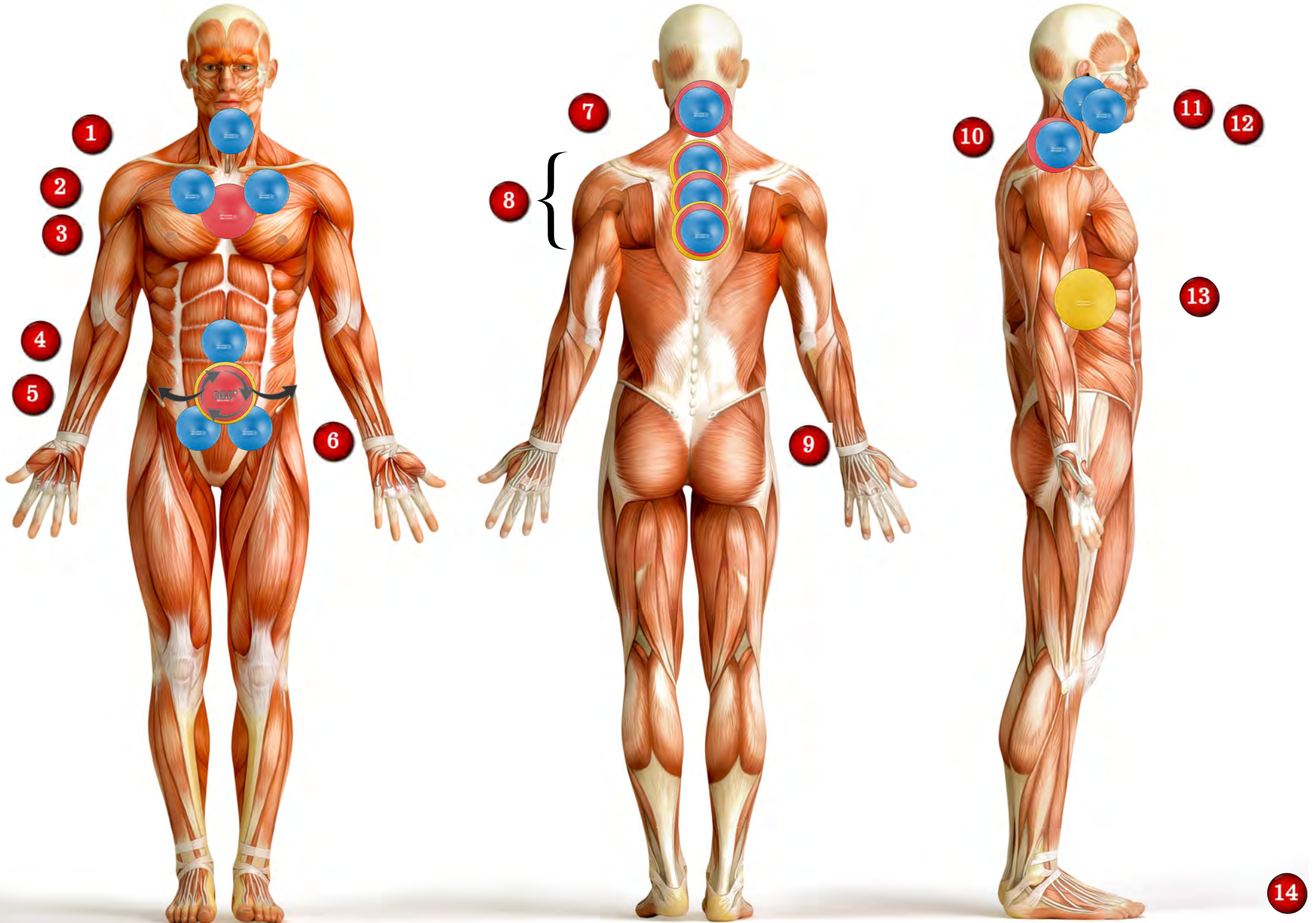
*Thank you, please enjoy, and happy breathing...
David Wilson*



THE WILSON METHOD BREATH BALLS: VISUAL GUIDE



THE WILSON METHOD BREATH BALLS: VISUAL GUIDE



THE WILSON METHOD BREATH BALLS

KEY I: ANTERIOR

1

WHERE:

DIRECTLY ON THE CHIN / ANTERIOR BASE OF THE JAW (MENTAL PROTUBERANCE)

HOW:

LIE FLAT ON FRONT. EYES FACED STRAIGHT TOWARD THE FLOOR.

POSITION I: MOUTH SLIGHTLY OPEN, LET WEIGHT OF HEAD MELT INTO THE BALL - 12 BREATHS

POSITION II: OPEN MOUTH HALFWAY, LET WEIGHT OF HEAD MELT INTO THE BALL - 6 BREATHS

POSITION III: MOUTH FULLY OPEN. LET WEIGHT OF HEAD MELT INTO THE BALL - 4 BREATHS

WHY:

VOCAL FREEDOM AND RESONANCE / JAW TENSION / TONGUE TENSION / LARYNGEAL HEALTH / MASSETER RELEASE / TMD RELIEF / VAGUS NERVE / SOFT PALATE

2

WHERE:

PECTORALS, JUST UNDER COLARBONE, BETWEEN 1ST AND 2ND RIB AND IN TOWARDS MIDLINE, DIRECTLY AT THE UPPER LOBES OF THE LUNGS

HOW:

LIE FLAT ON FRONT. LET THE BALLS SOFTEN YOUR CHEST, LET YOUR RIBS AND SHOULDERS MELT AROUND THE BALL - 20 BREATHS

WHY:

VOCAL FREEDOM AND RESONANCE / ASTHMA RELIEF / ANXIETY RELIEF / LUNG HEALTH, VAGUS NERVE / VALSALVA INSPIRED ARMOUR SOFTENING / PECTORAL RELEASE / LARYNGEAL HEALTH / HEART HEALTH / SFL (SUPERFICIAL FRONT LINE) FASCIA / COPD RELIEF

3

WHERE:

CENTER OF CHEST, DIRECTLY ON CENTER OF BRESTBONE, AROUND THE 3RD RIB (HEART CENTER)

HOW:

LIE FLAT ON FRONT. LET THE BALL SOFTEN YOUR CHEST, LET YOUR RIBS AND SHOULDERS MELT AROUND THE BALL - 20 BREATHS

WHY:

VOCAL FREEDOM AND RESONANCE / ASTHMA RELIEF / ANXIETY RELIEF / SFL (SUPERFICIAL FRONT LINE) FASCIA / TRAUMA RELEASE / NECK STRAIN / PECTORAL RELEASE / LARYNGEAL HEALTH / HEART HEALTH / THYMUS GLAND HEALTH

4

WHERE:

SOLAR PLEXUS, A FEW INCHES BELOW THE BOTTOM OF THE RIBS (WARNING - PLACE BALL BELOW THE XIPHOID PROCESS (SEE LAST PAGE OF THIS PUBLICATION BEFORE PLACING BALL). IT GOES IN THE SPOT WHERE WE FEEL BUTTERFLIES - OUR EMOTIONAL BRAIN AREA

HOW:

LIE FLAT ON FRONT. LET THE BALL WORK INTO YOUR SOFT TISSUE, RELEASE YOUR RECTUS ABDOMINIS (SIXPACK) ESPECIALLY AT THE END OF YOUR EXHALATION. SURRENDER, DON'T FIGHT THE BALL. BE PATIENT WITH THIS ONE - 6 BREATHS TO START, INCREASE BREATHS OVER TIME, LIMIT IS 20 BREATHS

WHY:

RECTUS ABDOMINIS RELEASE / SFL (SUPERFICIAL FRONT LINE) FASCIA, TRAUMA RELEASE / DIAPHRAGMATIC STRENGTHENING / VOCAL FLOW / ANXIETY RELIEF / ACID REFLUX, IBS, INDIGESTION, COLITIS RELIEF / VAGUS NERVE / IMPROVED FLOW / BREATHING HEALTH

5

WHERE:

LOWER ABDOMEN / DIGESTIVE TRACT. AS YOU MOVE THE BALL WILL COVER YOUR ENTIRE BELLY AREA, INCLUDING YOUR SIDES (OBLIQUES)

HOW:

LIE ON FRONT, UP ON ELBOWS (AS IN SPHINX POSE). SLOWLY MOVE BODY AROUND ON BALL IN A GENTLE AND INTEROCEPTIVE MANNER. STAY PRESENT. NOTICE THROUGH MOMENT-TO-MOMENT AWARENESS. BREATHE - LET THE BALL IN

WHY:

RELEASE OF PROBABLE HYPER-TONISIZED RECTUS ABDOMINIS AND OBLIQUES / VAGUS & PHRENIC NERVE / DIGESTION / ANXIETY RELIEF / FULL BODY CONNECTED SINGING / ACID REFLUX, IBS, INDIGESTION, COLITIS RELIEF / RESPIRATORY HEALTH / IMPROVED DIAPHRAGMATIC CONTRACTION STRENGTH / DEEP CORE AWAKENING / ASTHMA RELIEF

6

WHERE:

WELL BELOW THE BELLY BUTTON, BETWEEN THE TWO TIPS OF THE SUPERIOR ILIAC CREST (TSIC), AT THE BOTTOM OF THE RECTUS ABDOMINIS

HOW:

LIE FLAT ON FRONT. LET THE BALL INTO YOUR LOWER BELLY, LET YOUR LOWER BELLY MUSCLES SOFTEN AROUND THE BALLS - 20 BREATHS

WHY:

DEEP CORE AWARENESS / AWAKENING & STRENGTHENING EMOTIONAL STABILITY / VOCAL POWER AND EASE / GROUNDING / STABILITY / ACCESS TO CORE STRENGTH / SEAT OF POWER / FULL BODY CONNECTED SINGING / INTEROCEPTION AND AWARENESS / ANXIETY RELIEF / PELVIC FLOOR TONICITY / PERSONAL EMPOWERMENT AND GROUNDING



THE WILSON METHOD BREATH BALLS

KEY II: POSTERIOR & LATERAL

7

WHERE:

BASE OF THE SKULL AND INTERARYTENONDS

HOW:

LIE FLAT ON BACK. LENGTHEN THE BACK OF YOUR NECK AS YOU PLACE YOUR HEAD DOWN. LET THE FULL WEIGHT OF YOUR HEAD SETTLE INTO THE BALL - 30 BREATHS

WHY:

RESPIRATORY SYSTEM / HEADACHE, MIGRAINE RELIEF / STIFF NECK RELIEF / AIDS IN RELAXATION / RELEASES INTER-ARYTENONDS FOR LARYNX & SOFT PALATE FREEDOM / DIAPHRAGM ENERGIZATION / VOCAL FREEDOM / HEALTHY POSTURE / CAPITI RELIEF

8

WHERE:

DIRECTLY ON THE SPINE, THE BALL WILL COVER SEVERAL POINTS, FROM C4 TO T1

HOW:

LIE FLAT ON BACK. LET YOUR SPINE SOFTEN INTO THE BALL AND LET YOUR SCAPULAE (SHOULDER BLADES) MELT AROUND THE BALL - 20 TO 50 BREATHS

WHY:

VOCAL FREEDOM AND RESONANCE / ASTHMA RELIEF / ANXIETY RELIEF / LUNG HEALTH / NECK RELEASE / ENCOURAGES HEALTHY POSTURE / DIAPHRAGM RELEASE / DELTOID RELEASE / ENERGIZES WRISTS, TRICEPS, HANDS, FINGERS / HEART HEALTH

9

WHERE:

DIRECTLY ON THE SPINE, UNDERNEATH T3 TO T8, ABOVE THE LUMBAR HOLLOW

HOW:

LIE FLAT ON BACK. LET YOUR SPINE MELT AROUND THE BALL - 20 BREATHS

WHY:

DIAPHRAGMATIC STRENGTH AND TONICITY / LUNGS / DIGESTION / INTERCOSTALS / LIVER HEALTH / STOMACH HEALTH / ENCOURAGES HEALTHY POSTURE /

10

WHERE:

SIDE OF THE NECK. TAKE SOME TIME DIRECTLY ON THE LATERAL SIDE OF THE NECK, AND SOME TIME SLIGHTLY TOWARD THE ANTERIOR OF THE NECK

HOW:

LIE ON YOUR SIDE. PUT THE BALL BETWEEN YOUR CHIN AND COLLARBONE, ARM UNDERNEATH LIKE YOU ARE LYING ON A PILLOW. LET THE BALL INTO YOUR NECK - DO ONE SIDE THEN THE OTHER - 20 BREATHS EACH SIDE

WHY:

VOCAL FREEDOM AND RESONANCE / SCM RELIEF / ANXIETY RELIEF / VAGUS NERVE / ENCOURAGES HEALTHY POSTURE / HEADACHE RELIEF / HYOID FREEDOM / THYROID NORMALIZATION / TRAPEZIUS RELEASE / LEVATOR SCAPULAE SOFTENING

11

WHERE:

JAW JOINT, JUST BELOW THE EAR

HOW:

LIE ON YOUR SIDE AND LET THE FULL WEIGHT OF YOUR HEAD SETTLE INTO THE BALL - DO ONE SIDE THEN THE OTHER - 20 BREATHS EACH SIDE

WHY:

JAW JOINT RELEASE / VOCAL HEALTH / TMD RELIEF / VAGUS NERVE / HEADACHE RELIEF / SPEECH ISSUES RELIEF / ANXIETY RELIEF (ESP ON LEFT SIDE) / LATERAL PTERYGOID RELIEF

12

WHERE:

HALFWAY DOWN THE JAW LINE

HOW:

LIE ON YOUR SIDE AND GENTLY LET THE FULL WEIGHT OF YOUR HEAD SETTLE INTO THE BALL - DO ONE SIDE THEN THE OTHER - 8 BREATHS EACH SIDE

WHY:

JAW JOINT RELEASE / VOCAL HEALTH / TMD RELIEF / HEADACHE RELIEF / SPEECH ISSUES RELIEF / ANXIETY RELIEF (ESPECIALLY ON LEFT SIDE) / MASSETER TEMPORALIS, AND MEDIAL PTERYGOID SOFTENING

13

WHERE:

FIND THE BOTTOM OF YOUR RIBCAGE ON THE SIDE OF YOUR TRUNK. COUNT UP THREE RIBS. PLACE THE BALL THERE, DIRECTLY ON YOUR SERRATUS ANTERIOR

HOW:

LIE ON YOUR SIDE, BOTTOM ARM UP. FIND A BALANCE POINT AND SOFTEN INTO THE BALL. LET YOUR RIBS AND INTERCOSTALS MELT AROUND THE BALL - 20 BREATHS

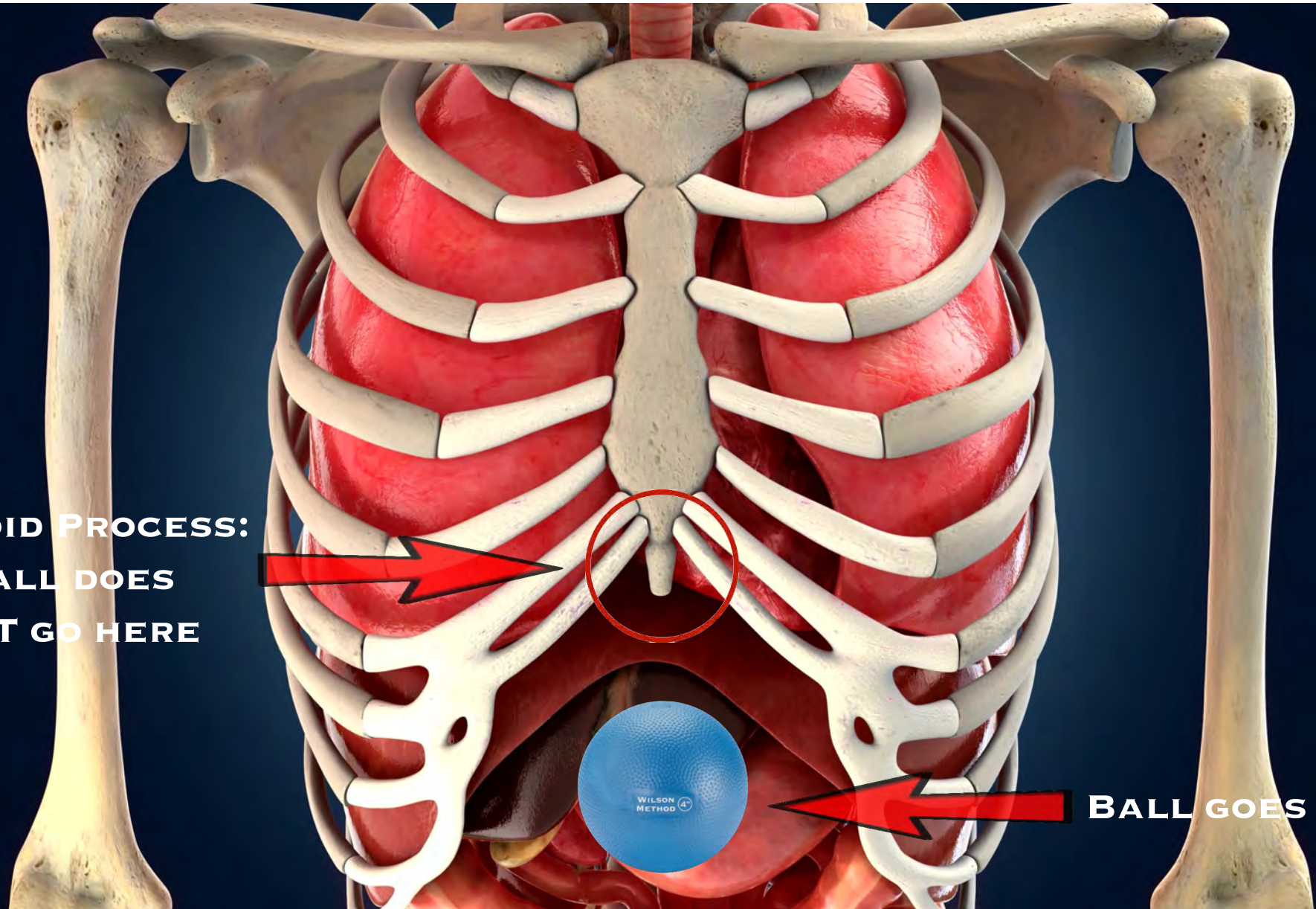
WHY:

BREATHING FREEDOM / ASTHMA RELIEF / ANXIETY RELIEF (ESPECIALLY ON LEFT SIDE) / LUNG HEALTH, VAGUS NERVE / VALSALVA INSPIRED ARMOUR SOFTENING / INTERNAL AND EXTERNAL OBLIQUE AWARENESS AND SOFTENING / DIAPHRAGMATIC STRENGTH AND TONICITY / SERRATUS AWARENESS AND SOFTENING / ENCOURAGES HEALTHY POSTURE DUE TO SCAPULAE RELEASE / RIB EXPANSION /



WARNING:

**DO NOT PLACE ANY THE WILSON METHOD BREATH BALLS
ON, NEAR OR TOUCHING THE XIPHOID PROCESS AT BASE OF RIBCAGE
(CIRCLED IN RED)**



**XIPHOID PROCESS:
BALL DOES
NOT GO HERE**

BALL GOES HERE!

