



maximum mobility

PDF Guide

@yogawithethan 

release muscular tension

From Ethan:

Decades ago, as a kid, you were likely able to tie your body in a knot, fall without injury, and play for hours without pause.

These days, if you're like most westerners, you have constant back aches, accrue injury after injury, and can't even pick things up off the ground smoothly.

What changed?

Well according to American thought, your extreme immobility is just a natural byproduct of aging. Unfortunately, that explanation doesn't account for the fact that, for millennia, your elderly ancestors had absolutely no problem getting up and down off floor quickly, experienced almost no back pain, and were very likely in better physical shape than you are today.

No, the root cause of your immobility isn't (just) because you are getting older; it's mostly due to your nervous system being overactive in certain areas, causing nearby fascia to crystallize over time, which is inevitably throwing your entire skeleton out of whack.

Of course, being able to move easy is great for practical, everyday living like reaching low things, incurring fewer injuries, and being more physically comfortable in your own skin.

But truthfully the biggest reason to train in mobility is what it will do for your mental health. As you will soon find out, flexibility in your body translates to flexibility in your mind: prepare to become more adaptable and resilient; less stressed and paranoid.

Further, good luck experiencing the incredibly joyous states of concentration, meditation and prayer when you are focused on how much your body is hurting.

This workshop, then, will give you easy, practical tools for releasing tension, improving your range of motion, and becoming stronger, all while maintaining greater flexibility.

I hope you make the most out of this training, and apply what feels resonant in your daily life as soon as you can.

- Ethan ॐ

P.S. Being more supple will also change the way others perceive you. That is, doing things like improving your posture and fluidity of movement dramatically shifts your energy, and thus how your peers see and feel around you.

Lunar Breathing

Summary

Lunar Breathing is an extremely efficient practice for flexibility gains, and is the basis for the other mobility hacks from this workshop. Below is a more detailed science of the practice, but here are the spark notes:

One cycle of Lunar Breathing consists of a nose inhale into muscular tension to a slow count of 4, and a mouth exhale going limp to a controlled count of 8. You can get really flexible, really quickly simply by repeating this cycle again and again.

If you'd like more detail on Lunar Breathing and flexibility (we will only scratch the surface here), complete the free Gravity Yoga tutorial on my website. [Click here](#) to access that.

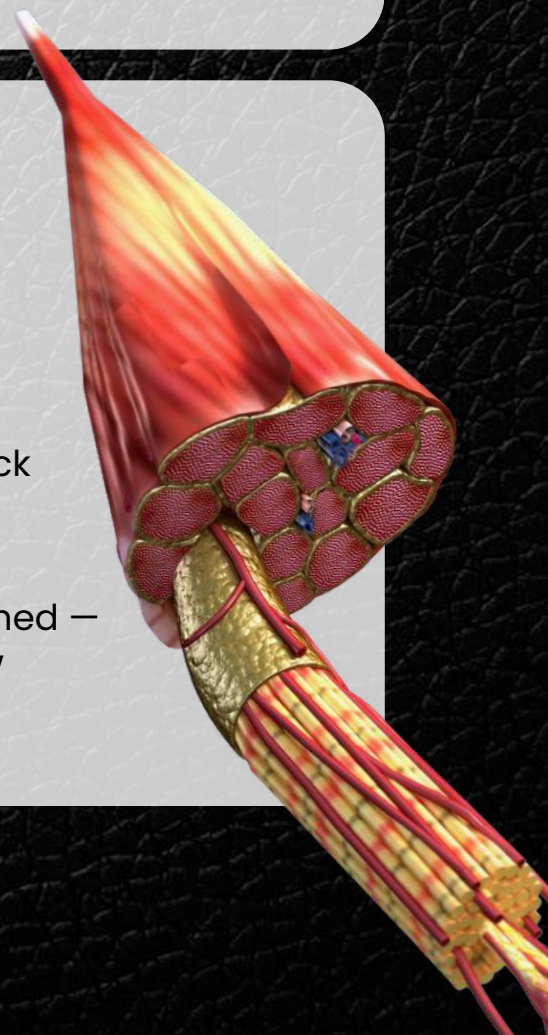
Muscles

Each muscle in your body — be it a bicep, quad or your diaphragm — is made up of lots of tiny, spindly structures called 'sarcomeres'.

These sarcomeres are the basic functional unit of a muscle fiber and consist of overlapping thick and thin protein filaments arranged in a highly organized structure.

Because of this — as far as muscles are concerned — the makeup of your sarcomeres determine how easily you can stretch and move.

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Lunar Breathing continued...

Sarcomere Environmental Component

Did you grow up playing a lot of sports? Or did you mostly spend your childhood inside playing video games?

Some individuals, based on how active they were during early years, possess a greater number or distribution of specific muscle fiber types, such as slow-twitch (Type I) or fast-twitch (Type II) fibers, both of which contribute or inhibit flexibility in certain ways.

That said, the nature of your body is change. Just because you existed in one mode for the majority of your life says nothing about who you can become.

Sarcomere Genetic Component

Genetic variations can influence the composition and structure of proteins within the sarcomere, such as actin and myosin, which are the primary proteins responsible for muscle contraction. Variations in these proteins can affect the elasticity and extensibility of the sarcomere, thus influencing overall muscle flexibility.

Genetic predispositions can also affect collagen production and composition. Collagen plays a crucial role in providing structural support to muscles and tendons. Variations in collagen genes can impact the elasticity and tensile strength of connective tissues, which in turn affects muscle flexibility.

Said differently, some people will be inherently more flexible (and therefore mobile) than others. Again, that says nothing about the fact that you can improve your range of motion with correct training and discipline.

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Lunar Breathing continued...

Sarcomere Nutritional Component

A few points:

1. Certain vitamins and minerals play crucial roles in muscle function and flexibility. For example, vitamin C is important for collagen production, while calcium is essential for muscle contraction. Deficiencies in these nutrients (and many others) can impair your flexibility and overall fitness. Here are some of the supplements I use for my own mobility: [Curcumin with Turmeric](#) | [MSM - Calcium and Silica](#) | [Micro-C Immune Power™](#) | [Organic Nettle](#)
2. Proper hydration is also necessary for maintaining muscle elasticity and preventing stiffness. Dehydration can lead to decreased flexibility and increased risk of muscle strains and injuries. Because of this I drink 32 oz of room temperature, freshly-squeezed lemon water every morning to hydrate (bonus, lemon has a lot of bioavailable calcium), and avoid all caffeine, as it is a diuretic and dehydrator.
3. Anti-inflammatory diets — one's containing lots of fresh fruits and vegetables to help fight the pathogens that instigate inflammation — can help promote muscle flexibility by improving joint and tendon health.
4. Carbohydrates are your body's primary source of energy. Adequate glycogen stores ensure optimal muscle function and flexibility during physical activity.

Note that while the makeup of your muscles is a contributing factor to overall mobility, it's probably the least important factor.



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Lunar Breathing continued...

Fascia

In terms of becoming more flexible, fascia is arguably the most important piece of the puzzle.

Fascia is connective tissue — a gelatinous material weaved throughout your entire body. In fact, every single muscle, nerve, blood vessel, and organ in your body is surrounded by the stuff, providing structural support, compartmentalization, and a framework for various biological structures.

Said differently, fascia is literally what gives you your shape; without it, you'd basically be a bag of muscles and bones suffocating on the floor.

What's interesting about fascia is that when you first pull on it, it's elastic like a rubber band. This means it will warp → change shape → and then snap back to its original form.

Over time and with consistency, though, pulling on fascia deforms it plastically. Aka it will permanently change its shape.

Imagine a plastic bag you get from the grocery store: give it a slight tug and it will stretch elastically, coming back to its original position. Apply enough force, though, and the polymer chains will split and stretch out for good, leaving you with a longer (and more flexible) bag than before.

The same thing will happen to your body during a scientific stretching routine (like the one I teach you here): if you apply enough pressure and wait long enough (2 → 5 min), your fascia will change its shape *for good*.

And what does this mean for someone like you? It means better posture with less effort, gliding through life with permanently open hips, and feeling less cramped within your physical body.

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Lunar Breathing continued...

4:8 Breathing

To summarize: fascia is what you should be focusing on for flexibility, because your muscles are already about as flexible as they can get.

That said, you can only get to your fascia through your muscles, as fascia wraps around and encases them, limiting your ability to affect it in isolation.

This means you must learn to consciously lengthen your muscles in order to stretch out your fascia, enhance flexibility, and get more mobile.

Muscle length is determined by the degree of activation of motor nerves in your nervous system. More active motor neurons = shorter muscles, like when you decide to flex your bicep really hard, causing the front of the upper arm to shorten. Less active motor neurons = longer muscles, like when you are asleep and your entire system is limp and noodley.

The key to becoming more flexible, then, comes from your ability to consciously deactivate motor neurons (aka your ability to relax).

'4:8 Breathing' helps with this. By inhaling for 4 and exhaling for 8, you naturally deactivate your somatic (motor) nervous system.

How? For reasons that I explore in my Breathe Deeper. Slower. Easier. series, the simple act of extending your exhale redirects energy away from your muscles and bones and towards your spinal cord and brain. This, in turn, lengthens muscles which allows the surrounding fascia to stretch and open permanently.

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Lunar Breathing continued...

Whisper Breathing

It can be difficult to exhale for a full 8 seconds, which is why you will employ “Whisper Breathing” to assist you.

Whisper Breathing is simply constricting the back of your throat while breathing (this technique is called “ujjayi prāṇāyāma” in traditional yoga, and is considered vital for regulating energy flow in your system.)

When you constrict the back of your throat, your inhale will sound like snoring, whereas your exhale will sound like you’re fogging up a mirror. The whole technique should sound like Darth Vader or rolling waves on the ocean.

Why should you do this? Well beyond lengthening the exhale beyond just a few short seconds, ‘Whisper Breathing’ is a useful relaxation hack for three other reasons:

(1) Imagine a garden hose without a sprinkler head: the water flows out at whatever rate it flows out at.

Now imagine placing your thumb on the nozzle: water starts rocketing out, and you can aim it towards further targets.



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Lunar Breathing continued...

Whisper Breathing continued...

The thumb on the garden hose is basically how your glottis (the muscle flap covering your airway) behaves in your throat.

More constriction = more precision. More precision = more control over where your energy flows. More control over where your energy flows = more capacity for conscious relaxation.



**resting
position**



speech



**forced
inhale**



whispering

(2) The 2nd reason to 'Whisper Breathe' during stretches is that it creates subtle friction on the throat section of your vagus nerve.

Your vagus nerve is largely responsible for your rest and relaxation response — i.e. it redirects energy away from your muscles and towards your organs.

(3) The final reason to include this technique in your practice is because the loud hissing sound acts as a communication device to your mind.

By this I mean that the noise from the exhale will remind you to stay present. And staying present is crucial for all things peace and relaxation.

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Lunar Breathing continued...

Too Long, Didn't Read

Mobility is a combination of flexibility, ease-of-motion and strength in compromised positions.

Flexibility, which is what we are focusing on in Lunar Breathing, is primarily governed by the state of your fascial system.

The state of your fascial system depends on how relaxed your muscles are (i.e. the degree to which your motor neurons are turned off).

Your motor neurons are governed by your nervous system, which can be regulated via your breath rate.

Or: **slower breath rate = down-regulated nervous system = less activity in the motor neurons = longer muscles = more stretch in the fascia = greater flexibility = more mobility.**

If you'd like more practice, again please check out [Gravity Yoga](#). It focuses exclusively on the topic of flexibility (rather than mobility), and atomizes the entire practice of Lunar Breathing into a definable and improvable skill. It will help a lot.

Holographic Update

The Hologram

If you were to close your eyes, you would have a pretty decent idea of where you are in space.

That is, even without visual stimuli, you are still able to accurately guess where your limbs, torso and head are. I call this mental outline of your body "The Hologram," because — like a hologram — it is a three-dimensional projected field of light that you can peer into and manipulate.

The Hologram is a miraculous, yet overlooked feature of being human, and proves to be the key for all mobility gains. Why?

Because in order for you to move more accurately or fluidly, you will have simultaneously needed to update your representation of where your body is in space.

Said differently, you can't know where you're going unless you have a map. The Hologram *is that map*. Below are a few key features of The Hologram that you should be aware of:

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Holographic Update continued...

Blind Spots

Close your eyes, make a fist, and trace The Hologram of your hand as you do so.

Just as a newborn baby has no clue where their fingers end and their hands begin, and therefore can't accurately direct them, the control you have over your physical form directly correlates with how high of a resolution your corporeal map is.

AKA: you can only consciously move where your Hologram is rendered.

The problem? If you're like most humans, the resolution of the majority of your Hologram is extremely low, which partially explains why you have very little control of certain body parts and can't get into certain body positions.

For example, you probably have a good mind-hand connection, as you use your hands for a majority of your day. Because of this, your hands have fairly high resolution, meaning you can do things like very slowly and gracefully lift your pinky finger, while curling in your thumb.



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Holographic Update continued...

Blind Spots continued...

Your feet, on the other hand, are very likely blurrier in your Hologram image. That is, you may not be able to make out the characteristics of each individual toe as easily as you can make out your fingers, and thus cannot wiggle them independently in the same way.

Even still, your feet are worlds ahead of the accuracy of other parts of your Hologram. Your gallbladder, for instance, is sending a massive amount of data to your brain right now, and yet you have no idea where it is, what it looks like, or how it feels.

All of this is to say two things: (1) your mobility largely depends on your Hologram being high resolution. And (2) getting your Hologram to be high resolution requires that you explore the blind areas of your body.

I explain in more depth how to explore the blind areas of your body in the workshop video and practice audios, but the tl;dr is this: trial and error + repetition.



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Holographic Update continued...

The Eastern Star

Most of us — most of the time — feel as though we are operating our bodies like a machine.

That is, when you deliberately move your body, you probably feel like you are in the cockpit of your skull controlling your limbs like a child plays Pacman with a joy stick.

Strictly speaking, though, this is incorrect. Instead, it's more accurate to say that you are operating your physical body from a higher dimension via something akin to Bluetooth. Nevertheless, it's a decent approximation for where you should be focusing all of your mobility efforts from.

Why? Because that's where your Hologram originates from! It's as though a light projector generating your 3D proprioceptive map exists inside of your medulla oblongata (in the brain stem), and beams forward through your pineal gland and out of your eyebrows to tell you where you are.

Said differently, in order to update your Hologram's software, thereby improving your mobility, you need to do it from the level of the center of your skull (what I call 'The Eastern Star'). I explain how exactly to do this in the workshop video itself and in the practice audios. For now, though, you'll just have to trust me when I say this area is of supreme importance for both ease-of-motion and the entire spiritual Awakening process.

In fact, if you continue returning to this spot over and over, eventually your 'Eastern Star' will become as bright as the sun, burning up your ego in a glorious moment of self-transcendence. Until that day, though, follow 'The Eastern Star' wherever it leads. Trust that it will bring you back home.

P.S. There are other names from other traditions for 'The Eastern Star'. For example, "the Third Eye," "Ajna chakra," "the Christ center," and "Kutastha Chaitanya" are a few samples.

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Holographic Update continued...

Updates

Metaphysics 101 says that everything you see started out as a thought, *including* your body.

Healing and mobilizing your form, then, requires that your mind to be highly involved.

This is what that looks like:

When you get into a stretch, before 'Lunar Breathing', you will begin by imagining an updated version of your 'Hologram'.

Basically, you're creating an educated guess of what you think your Hologram will look like — what experience might be like — if you were far more open and mobile.

This act of imagination is the basis upon which all transformation occurs, and should (if done correctly) correspond with an immediate softening and lengthening of your body.

Last but not least, when you finish 'Lunar Breathing' in a stretch, you will then do your best to update your 'Hologram' to match your actual experience. Memorize the sensations you feel. Let the nervous system pattern sink into your subconscious. Remember the specific degree of neuromuscular activation in your body.

I teach you more about this in the workshop video itself and in the practice audios.

Lifting

Again, mobility is about flexibility, ease-of-motion, and becoming strong in compromised positions.

The technique of 'Lifting' helps with the last of these.

Strike a Pose

Maybe you've seen clips or images of bodybuilders showing off their muscles: widening their back, flexing their quads, or squeezing their biceps and chest hard as they possibly can.

How did they get to look like that? Simple: they repeatedly flexed and relaxed certain muscles over a period of years and decades (nothing to say of their diet and supplementation protocols.)

Now while you may not care to have the shape or constitution of a bodybuilder — nor is their lifestyle typically healthy or sustainable — you can deploy some of their strategies to achieve more vitality in your body. Namely: consciously strengthening parts of your body by willing them to surge with life-force energy.



Said differently, once you've stretched out your fascia via 'Lunar Breathing' and memorized the specific nervous system patterning via a 'Holographic Update', you will repeatedly flex your body...hard.

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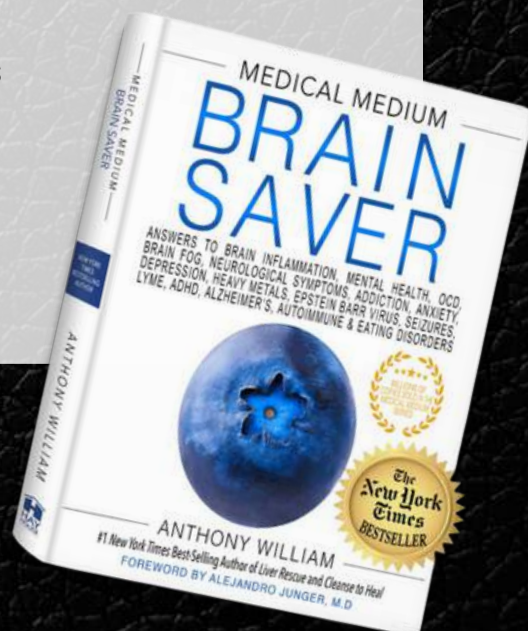
Lifting continued...

Strike a Pose continued...

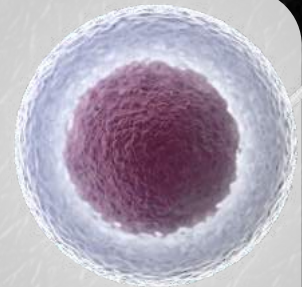
I teach you how to correctly and safely 'Strike a Pose' in the actual workshop video and practice audios, but in the meantime heed these few guidelines:

1. Only use ~10% of tension on areas that are sick, weak or sluggish. Ramp up to 100% over time. I discuss why in the next section.
2. Only engage a certain area for ~5 seconds or so. Then fully relax it and feel the energy spread radially.
3. Keep part of your attention on your medulla oblongata (near the brain stem) while practicing. Basically, focusing there allows you to draw more energy into your target.
4. Keep another part of your attention engaging the space behind your belly button. This is where all motion ideally originates, biomechanically speaking. It is your core — your center of gravity — what's known as your "lower dan tian" in tai chi and qigong.
5. If you have serious neurological issues — ALS, chronic fatigue syndrome, Parkinson's disease, multiple sclerosis, etc. — this technique might not be for you. Please check out [this book](#) instead, I can't recommend it highly enough.

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Lifting continued...



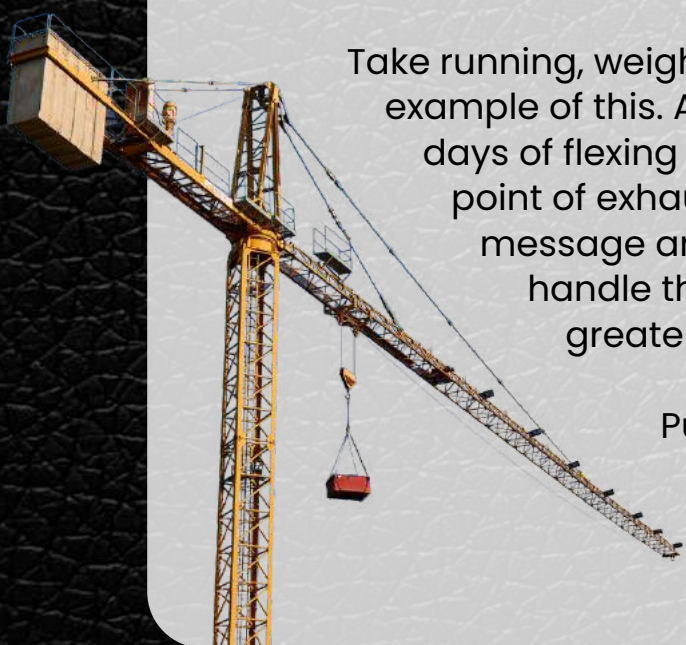
Hardware Update

You can imagine each of your body's cells as an intelligent lightbulb of sorts. Energy comes in → does some fancy chemistry stuff → emits light → produces waste → and then needs to rest and recharge before illuminating again.

That said — unlike a standard lightbulb — cells are intelligent because their hardware and software will actually update in response to recurring stimuli.

Take running, weight-lifting, or Zumba-ing as an example of this. After consistent training — multiple days of flexing and relaxing specific muscles to the point of exhaustion — your muscle cells get the message and reconfigure themselves to handle the higher demand, thus enabling greater fitness.

Put differently: your cells are constantly rebuilding and recoding themselves to adapt to their specific situation.



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Lifting continued...

Hardware Update continued...

Imagine hooking up a standard lightbulb made in the 1923 to a high-wattage generator made one hundred years later in 2023.

Boom!!!

If a piece of equipment is only designed to handle 200 watts of energy, and it gets 900 watts, it'll blow out. It's not rocket science.

This is true of your body's cells, as well. If any of them receive too much energy from flexing before their hardware can accommodate, they're going to break.

Cells can get fried, frayed and fraught with how much energy is being forced through them — like when you decide to go on a long run after not exercising for 6 months, or when you take a whopping dosage of Ayuahasca, or when a guru manually opens your third eye.

The trick, then, is to send *just* enough energy into a body part — flex *just* enough — to stimulate it without blowing out the fuse. A fine line to walk.

I teach you how to correctly and safely do this in the actual workshop video and practice audios.



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Lifting continued...

Octaves

Objects moving through a medium always create sound. From the tiniest subatomic particle to the largest spiral galaxy — everything sings while in motion.

Granted, human eardrums can't hear most of that sound, having evolved only to pick up sounds happening within the 20Hz → 20,000Hz spectrum.

Aka, even though sounds in the material universe extend nearly indefinitely in pitch and range, our auditory senses can only register a tiny fraction of these notes.

Although mobility is a great physical attribute to strive for, this workshop's primary, unstated goal is actually to permanently increase your vibrational frequency — or the tone at which your body exists at.

I'm sure you've met someone who just radiates happiness — smiling constantly, laughing easily, expressing freely. Shoot, maybe you have been that person before!

What do you think is happening in their (or your) body while in that state?

It's very simple: they/you are vibrating *faster*! And things that vibrate faster make higher-pitched sounds.

'Lifting' takes advantage of this awesome Universal feature. While flexing (in your brand new, more mobile position), you'll imagine a glorious high note being emitted from your entire body.

I teach you how to do this in the actual workshop video and practice audios.

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