



## FREEING YOUR BREATH FOR BETTER HEALTH



**By: Francesca Graziano-Legrand**

What effect do emotions have on breathing? Are you consciously aware of the situations during which your ability to breath fully becomes diminished? What happens to your breathing while watching the scary part of a movie or when you are frightened by an incident? How does anger affect one's breathing?

Many things such as smells, fragrances, flowers, and different styles of music can change breathing. Movement and stillness also affect it. Awareness is always the key factor towards change.

I am fascinated with breathing. How easily do your lungs and their surrounding ribs expand?

Deep abdominal breathing consists of the outward movement of the abdomen as a result of the contraction and descent of the diaphragm. Is your breathing shallow, deep or a combination of both? Can you push the air back and forth between your ribs and diaphragm?

How does being in pain affect the ability to breath? Tension in some neck muscles can limit the ability to breath easily. People who are in pain are frequently not taking in enough oxygen. One of the first things I notice before working on a client is the way they are breathing. There is a relationship between the volume of oxygen in the tissues and a person's health. Freeing the breath can improve one's health.

Did you know that there are many ways to free one's breathing ability? Some methods use just a very light touch to stretch the fascia causing changes throughout the body. Other methods may require breathing assistance from the client and may involve the use of deeper pressure. Massage with aromatherapy oils can also increase one's breathing. I use a

variety a techniques to increase the ability of the lungs to take air in. Imagine how much stronger one can sing with the ability to take in more oxygen?

### Testimonials:

*"I love to sing and have sung all my life. After my series of Zentherapy treatments I had access to more breath, which resulted in my voice being more abundant and better than ever. My husband and I were astounded by the results from doing Zen with Francesca!!!"*

~LFE, Professional Coach

*"I have stress in my everyday business life and used to struggle to take a deep breath, to take in oxygen, to feel comfortable. After therapy with Francesca, it constantly surprises me that deep breaths are part of my natural pattern and are easy and free. Just concentrating on deep breathing as she has taught me - even in the car - can relax my body and float tension away in a minute. A fantastic refresher!"*

~EES Interior Designer

**One Body owner, Francesca Graziano-Legrand, recently re-opened her**

### Publisher's Note on One Body:

Francesca is truly talented at bodywork. Not only does she help you enter a deep state of relaxation, but she also has an amazing knowledge of the body that goes far beyond massage therapy. She has helped me with a number of problems from relieving carpal tunnel to helping with postural alignment. No matter what body issues you are trying to work on, her vast knowledge and experience means that she should be able to show you amazing results too.



**transformational bodywork practice in Coolidge Corner after 18 years of practice in Brookline and Boston. Her office, now located on the second floor at 1368 Beacon Street, suite 112, is equipped with the body support system to optimize postural support and enhance comfort while promoting deep relaxation during a massage. A nationally certified practitioner of Therapeutic massage and bodywork, Francesca is also a member of the American Massage Therapy Association.**

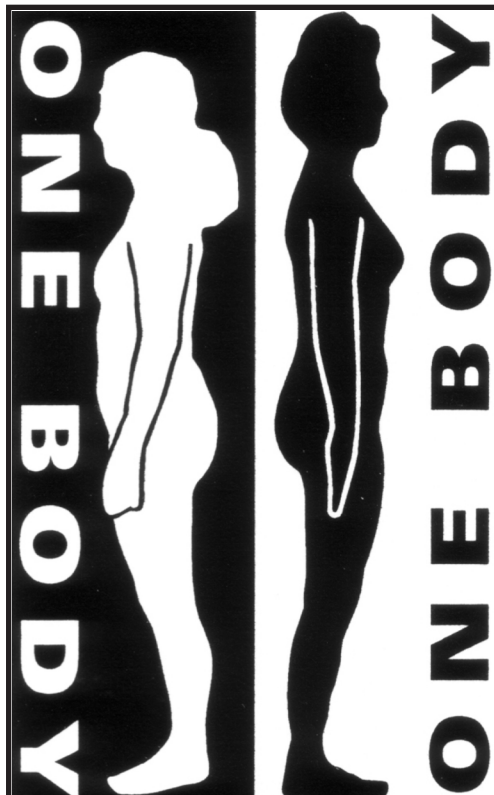
**improving range of motion in joints related to overuse, injuries or accidents. She has recently studied practical integration of visceral manipulation as well as advanced visceral release techniques with the Upledger Institute and is skilled in using a variety of techniques to soften connective tissue and benefit the structural integrity of the entire body.**

**Graziano-Legrand calls her practice "One Body" because at birth each person is gifted with one body. She welcomes the challenge to use her skill and expertise to help others maintain that gift. Her approach includes offering complementary postural assessments to view an individual's habits in standing and its everyday effects, while promoting an opportunity to develop mutual rapport without obligation.**

**Additional specialties include Zen Bodytherapy® and Zen Triggerpoint Anatomy®, as well as sports massage, visceral manipulation, cranio-sacral therapy and somato-emotional release techniques. Her background of 30 years of dance training lends to her skill in teaching movement re-education to her clients.**

**For more information, call One Body at 617 738-2639 or e-mail at [onebody1@verizon.net](mailto:onebody1@verizon.net). One Body's goal is to uplift and transform people, one body at a time.**

**Graziano-Legrand has used massage therapeutically to help clients improve breathing and relieve pain as well as**



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bodywork and therapeutic  
massage.*



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