

# Bondage and Breath

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Rope bondage effects how we breathe- from the constriction of rope corsets and chest harnesses to positional asphyxia. But how we breathe also has the power to effect how we do bondage-chest breathing vs. belly breathing, intentional breathing for connection, and more. We will look into how breath moves through the body, how bondage positions effect how we breathe, then work to see how ties effect breath before diving into styles of breathing, breath training for bondage bottoms (and riggers too), and connecting through breath in our ties.

## Introduction to body physiology and breath

The mechanics

Nose, mouth, lungs, rib cage, diaphragm (air flow and how air gets in)

Chest compression

Diaphragmatic compression

Throat layout (jugular v arterial issues)

Neck position, circulation, strangulation, carotid/vein issues and facial stuff

Jugular Vein- forward, increases blood pressure (stars, capillaries burst)

Carotid Artery- sides of neck, decreases blood pressure (knock out)

Blood flow to brain (no safe thing as blood pressure play)

Knowing Health Issues ahead of time (blood flow, asthma, etc)

The argument of blacking out (go to spots? beyond? How long out?)

Accept- **PEOPLE HAVE DIED FROM THIS!** What choices do you make?

911, CPR, public spaces, public rules

## Chest harnesses Hands On

Full breath in, relax – standing

Tying tight - standing

Adjusting breathing styles for chest v. belly breathing

Arm position, strain on shoulders, opening ribcage

Chest harness in different positions- tying medium/comfortable:

-standing

-bend over

-sit cross legged/on floor

-bend over/ebi/ball

-on belly

-in “hogtie” position

-on back

-in curled position

-on side

-elbows back

Walk through how body processes in each position

## **Application to other ties**

Waist Ropes  
Rope Corsets  
Hip Harnesses  
Suspension Lines  
Facial Bondage  
Collars  
...and more!

## **Positional Asphyxia**

Ball ties (originally a torture position)  
Other folded and semi-folded positions  
On belly positions  
Stretched positions  
Face-down (in pillows), and other blocked breathing (gags)

## **Breath Training and Connection**

Types of breathing  
Upper chest slow and steady  
Diaphragmic  
Nose  
Mouth  
Habit of holding our breath- why do we hold breath? Increase sensation, hide fear, etc  
Rigger setting pace with their own breath  
Eye to eye, setting pace  
Also tool for connection  
Changing to more “challenging” breaths in bondage:  
Speed breathing  
Clenching breath  
Fire breath (hyper-oxygenation)

## **And now... the Quiz!**

Do you remember what we covered?  
What struck you the most?  
What will you take away from this class?  
What questions do you have?

Live, Laugh, Love, Linger...

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