

YOUR IMAGE OF A MOVEMENT DETERMINES WHAT HAPPENS

Exploring Rotation-Initiating from an image of each area. (Choose a partner for later)

Seated on a stool, table, hard surface. Choose easier side to turn, L or R. Turn only to that side (to the first barrier) the entire exploration- First feel and image each location. Then turn from that image.

1. Eyes
2. Bony eye sockets, eyes stay in center of socket.
3. R1 ring (image circle-inside curve of R1 left and right, inside of T1 behind, inside of top of sternum in front-Or- “beer coaster” (inner cylinder-upper part)
4. TMJ ring (same width as inner cylinder)
5. Pelvic outlet ring-inside of pubic bone in front, inside of sacrum behind-Or birth canal. (inner cylinder-lower part)
6. Lumbars
7. Shoulder Tips (outer cylinder)
8. Both outer edges of shoulder blades then just one leads
9. Mid ribs (outer cylinder)
10. Central Axis - Turn from head down to sacrum-one ear moves behind center line, one ear moves toward front of, cervicals start to turn and then engage rest of spine below-Or “Barber Pole” rotating (stays inside inner cylinder)
11. Central Axis - from sacrum up to cervicals-move one pelvic ear slightly forward and one backward-sacrum twists between. (stays inside inner cylinder)
12. Outer edges of pelvis (outer cylinder)
13. Now place fingertips lightly against the 2 collarbones, gently stabilizing them. Turn your head gently slowly to your chosen side, feeling the rotation of the cervicals sequentially moving downward. **Feel the moment that T1 engages and is recruited into the turn, along with collarbone and fingertips. ST.**

14. Sit quietly. Feel both sides. Now gently turn to your chosen side and return to center. Now gently just begin to turn to the nonworker side and compare what you feel.. What's the difference?

15. Now stand. Gently shift weight. Differences side to side? Now walk. Differences side to side?

16. Your partner lays on the table. Entrain. Just once slowly roll table's head in worked direction. How much can you feel happening anywhere in the body?. No meaning assignments. No course of action to determine. Nothing to do. Just curiosity. Just open to a flood of sensory data. Repeat once. Now do just one delicate, exploratory head roll in the opposite direction. Just open to the sensory data. No judgements. Where do you sense limits, blockages. less permissions? Repeat once.

17. Switch partners. Repeat 16. Then talk to each other about feeling heightened sensory information as your partner was sensing into you.

Stay one-sided and let your NS figure it out during the break or ? - as you wish.