

UPGRADING FLOOR (or table) EXPLORATIONS for your STUDENTS - Oct 2018 Part 1

Part 1 ONE KNEE OVER OTHER

1. BK. Place the crook of one knee over the other, above the knee cap of the standing foot as much as possible.

2. Tilt toward the floor **in the direction of the top knee**, ST. What areas of the low back, and lower and middle and upper ribs, and shoulder blades are the most actively challenged? How close are your inner thighs to each other? Rest.

3. BK. Now tilt the same knee that was the bottom knee, all the way out to the side on the floor. **DO NOT LET YOUR FOOT SLIDE.** We will call that the standing foot. Now lift the remaining leg and bend it and place it between the knee that is lying out to the side and the table. Slide that leg underneath the other leg as much as possible. **And without sliding the standing foot's position on the floor at all, as it is laying on its side, tilt that foot and both knees, and both knees with it, back up to standing on the one standing foot.**

Now in this position, tilt your knees toward the side of the the top knee, and return. ST

DO NOT LET THE STANDING FOOT SLIDE!

What is different? How close are your inner thighs now? What is different in low back, your waist, ribs, shoulder blades as they are asked to twist? Is there more arching? More rounding? Rest. How do you lay on the floor differently?

4. Repeat 1/2/3 on the other side. Rest. How do both sides feel? Do PL. Is that different.? Stand. Walk.

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Part 2 TILTED KNEES TO ELONGATE RIBCAGE

BK - Tilt knees, feet stay on the floor (indirect challenge to ankles,) knees not completely released to the side.

1. Lengthen ceiling thigh in direction of knee (familiar) Ceiling hip raises to help with lengthening. Shoulder tip and foot press the floor on that side. Now add moving that scapula diagonally downward. Rest

2. Repeat move but now lengthen ribs and low back by pushing hip downward on that side, which will fan out your ribs. Rest. KEEP the hip and ribcage close to the floor. Shorten on the other side by bringing that hip upward (less familiar). Then add moving the scapula diagonally downward. Repeat this ST.

3. Alternate between the 2 ways to feel the differences. Rest. Feel differences side to side.

4. Repeat 1/2/3 on other side. Rest. Feel how you lay on the floor. PL. Stand. Walk.

UPGRADING FLOOR (or table) EXPLORATIONS for your STUDENTS - Oct 2018 Part 3

Part 3 Rotating whole rib cage VS Rotating spine on central axis inside rib cage - on back.

OP. on back ,BK, raised up into high PL.

1. **Drop one hip to the floor, letting whole rib cage rotate same direction.** The hip touches floor in line with same side heel. **Pelvis rolls to that side. Knees stay pointed up to ceiling. The other hip doesn't drop.** Return hip to same level as other hip. ST.

Repeat with other hip. Alternate. Think of your chest as a steering wheel. The 2 sides of your rib cage are moving around the perimeter of the wheel, your ribs are mostly moving together.

2. OP - Now Image your spine as going through the center of that steering wheel. You want to turn it to the same side as your dropping hip, but the turn now **starts from the central axis of your spine, in the center of your rib cage.** You will ask your dropping hip to touch the floor more in line with the **inside of your heel, closer to your midline.** Repeat with other hip. This asks your ribs, and rib facets (where they connect into your spine) to move separately. It asks for differentiated movement between your ribs and shoulder-blades. It asks your breastbone to move more relative to ribs. It asks your collar bone to move more relative to your breastbone. Alternate. Rest. How lying on floor differently? (Option-reexplore 2 different ways.)