

## ROLL UP      SEPT 2018

Must know how to lift head from low back and sternum. Must know how to lift head with hands behind center of head, not neck, and elbows close to each other.

Tests BK. Interlace hands behind head and lift head. How high or how easily does it lift? Now lift both the head and the knees (without touching the elbows to knees) and hold. In this position, move elbows and knees towards each other, then away from each other and towards each other ST. Remember how it was to do these two moves. We will retest at the end of the lesson.

1. Leaving the L foot on the floor, bring the **R** elbow and **R** knee toward each other and away, ST. You are not interested in touching them together. You are interested in feeling what in your chest and belly is stopping you from them touching easily.
2. Repeat with L elbow and knee. Which side easier?
3. Choose easy side. Leaving the other foot on the floor, bring easy elbow & knee toward each other as you roll to that side. Feel the ribs on that side compressing together and shortening..  
Ribs on other side opening like a fan. Start to roll just slightly, roll as far as you can to one side without falling over to that side. and out how to reverse the movement easily. There are three ways to explore how to roll to one side and reverse back up. 1.Knee and elbow come toward each other and **then** you roll to that side. 2. Knee and elbow roll to that side and **then** come together. 3. You do both at the same time as you roll to the side and reverse both at the same time as you roll back to your back. Which feels easier?  
Which allows you roll further toward the floor without falling and

then reverse back up with the least effort?

4. Lie flat on your back and feel how both sides of the small of the back contact floor.
5. Repeat other side.
6. Do the same movement to the RIGHT and LEFT alternately.
7. REST Lie flat on your back and feel how the small of the back contacts floor.
8. BK. Lie on your back with your hands interlaced behind the head. Remember, behind the head, not the neck. Elbows up to the ceiling when lift head!
9. BK Raise the head with your hands and one knee, using your hands to raise your head and directing the opposite elbow toward the knee and the knee toward the elbow and then lower your foot back to the floor, Repeat with the other knee and elbow. Choose the easier diagonal and repeat ST. Move slowly and gently; raise only as far as is easy. Consciously direct the elbow toward the knee and the knee toward elbow, but do **not** touch or even intend to touch them together. Keep looking for what in your chest is in the way? Breathe out as you compress your chest. Rest.
10. BK Raise your head with your hands and raise the other knee, directing the new elbow to the new knee. ST. Observe your breath; do you breathe in as you raise or as you lower? Where do you twist

when the diagonal knee & elbow come toward each other? Is it different from the other diagonal?

11. Continue. Observe your foot. Does it turn or twist? Does it need to? Observe and eliminate anything useless, anything not necessary to do the movement. Rest on back.
12. Lift head with hands and float both knees over your chest. This means your lower legs hang easily with no work or effort in them, and hold. Slightly oscillate so both knees & both elbows come toward each other, then away ST., very slight, slowly and gently. Rest when necessary. Is the movement more with the knees or more with the elbows? Can you make it happen that they move equally toward each other and away? You may have to find a different place where your rounded spine is pressing against the floor. Rest
13. BK Raise your head with your hands. Float your knees over your chest. **Now move your diagonal elbow only toward the chosen knee and away ST. Your diagonal knee and hip do not move. Now move your knee only toward the elbow and away ST. Your elbow and shoulder do not move.** Rest
14. Now repeat #13 with the diagonal new knee and elbow.
15. Rest on your back
16. Again oscillate the knees & elbows toward each other and apart. Make this oscillation gradually faster until it is faster than your breathing (but DO breathe!) so that the movement is de-synchronized from your breathing. (This is a way to release and lengthen the low back.)

## REST TRANSFER

17. BK Raise your head with your hands. Lift the LEFT knee and RIGHT elbow toward each other, gently. Then RIGHT knee and LEFT elbow. Easier? Then alternate.

18. Lift RIGHT knee and RIGHT elbow, slowly and gently toward each other. Then LEFT knee and LEFT elbow. Do you use what you've learned about side bending?

19. Lie on your back. Which parts have better contact with the floor than before? Where is there more length than before? Notice your breathing.

20. BK. Raise head with hands. **Now move the elbows & knees in the same direction at the same time.** This would be like moving north & south **OR** toward the direction of the head and then toward the direction of the heels, with the 4 points, the elbows and knees moving together **so that the distance between them stays the same.** Gently increase the rate yo do this so this becomes an oscillation, too. (This is yet another way to release the lumbar spine.)

21. With the elbows and knees toward each other, roll from side to side as much as is possible toward the floor, while still being able to reverse the movement. If you feel like you are about to fall over, you would be going too far or too quickly.

22. Roll now onto one side and come to a sitting position with your feet flat on the floor. Interlace your fingers behind your head **in the non-habitual lacing.**

**23.** Move the ORG elbow between your knees and as close to the floor as you can. You will need to discover how to round your back backward more. How to help your elbow coming closer to the floor by twisting your trunk to one side and twisting your other elbow up towards the ceiling. Then squeeze that elbow between the knees. ST. Adjust your feet if necessary

24. Lift the R knee a little, then the L knee. Can the elbow go lower between the knees?

25. Move the ORG elbow **forward and up and back and down** S.T., tracing a dinner plate held between your knees on its rim. When do you have to round backwards and roll your pelvis backwards? When do you have to roll your pelvis forward, arch your back and sit up in extension? Now reverse the direction. **Backward and up and forward and down.** ST. Explore moving your shoulder blades away from each other as you round backwards and bringing them closer together as you arch forward. (possible demo)

REST What parts make more contact on floor? TRANSFER

26. Sit up as a moment ago and put the other elbow between the knees and repeat the last move.

27. Lift the L knee slightly and slide it upward along the elbow. Just a small movement. ST Repeat with R knee.

28. Repeat this with the other elbow.

29. Place elbows outside the knees. Press knees together with elbows and then push knees apart against elbows S.T. Rest.

30. Sit up as before. **Put the ORG elbow under the same-side knee from inside and lift up so the foot comes off the floor.** Stabilize with other hand on floor.

31. Replace foot on floor. Put the hand on the floor and gently explore the floor with that hand only to that side and front and back under the same-side knee. How far out to the side and forward and backward could you spread a palm full of red paint on the carpet? Rest

32. Repeat but now sit with the ORG leg bent back, that would be opposite the hand you have been using, and explore the floor with that same ORG hand you have been using again, but only to that side and from front to back under the same-side knee.

33. Return to the original sitting position. Again explore the floor with the ORG hand under the same- side knee. Can you go a little farther?

This time reach behind. Turn your palm up and clasp your back pocket and buttock on that side.

34. With the ORG hand, reach **under the same-side knee from inside and up toward ceiling, knee in crook of elbow. In this position, move the hand R & L in the air.** Can you feel that you are rotating your hip R & L in its socket?

35. Put the hand back on the floor to try to move the shoulder under the same-side knee, to touch the floor even more to your side. REST  
Compare two sides. TRANSFER

36. Repeat 30 to 35 on other side. Rest. TRANSFER

37. Sit with feet standing, feet flat on floor as best you can, and knees and feet hip-width apart. Place hands between your knees. Explore with the hands all around the floor, gently. Now turn the palms up and explore your back pockets and as far around you as you can. Reach to put your palms against your buttocks. Rest

38. Sit same position. Now put your arms under the knees from inside and point fingers to ceiling. See if you can lift your legs. Lift both feet. Find your point of balance by rounding your back.  
Balance on your sitting bones. Breathe. rest on your back. rest.

39. Sit same position. Cross your arms between the legs and reach underneath the opposite knees from inside to grasp the outside of the knees with the thumbs and fingers.

40. Raise your **ORG heel** slightly off the floor M.T. What do you use to do this? The ankle, calf, knee, hip? What muscles contract first? **Take your time to explore this.**

41. Now raise **just the ball of the foot** slightly off the floor. What is used to do this? Can you do this without any effort in the toes?  
**Take your time to explore this.**

**42.** Now raise **the whole sole of the foot off the floor very slightly.** What is used to do this movement? Where in your body contracts first? **Take your time to explore this.**

**43.** Repeat the sequence with the other foot. What differences did you notice between the lifting of the R foot and the L foot?

[Make sure everyone has enough room)

**44.** Now tuck your chin to your chest. It is very important that you keep your chin tucked into your chest at all times. Never drop your head back or straight your legs. This will become easier if you stay rounded in a ball. Curl into a ball with a round back and lift both soles off the floor. Let yourself roll back and then roll forward, a few times. **Breath in through an open mouth as you roll back and exhale forcefully out through an open mouth as you roll up. Let me hear a strong HA! come out of your mouth as you roll up. You may find yourself with both feet flat on the floor right away or it will take a few explorations to easily roll up tp sit.**

**45.** Reverse the crossing of your arms and repeat.

**46.** Put your hands **behind the knees from outside the legs; R hand behind the R knee and the L hand behind the L knee.** Roll back and forward to sitting again a few times. **Keep your chin tucked into your chest. EXHALE A LOUD HA! AS YOU COME BACK UP.**

**47.** Now, place the hands as if holding the knees, **but without really touching them** and roll backwards and forward up to sitting. ST Leave a 1/2 inch cushion of air between the hands and the knees as you do this a few times. (Understand that it was not the hands under the knees that pulled you up, but teaching the body to hold the same distance between the shoulders and the knees that allows you to do this so well, now that you're not holding on.)

48. Put both hands over the head, palms backward and roll back so the back of hands touch the floor and roll forward to sitting with the legs **loosely crossed at the ankles** M.T. (**Not** full lotus!)

49. Start with both hands on the floor at your side and roll back and up again. ST Let your arms do what they want. You're not "sitting up" after rolling back - you're just rolling forward in a ball. The parts involved are in a balanced relationship. You're just rolling around your own center of gravity.

50. What crossed leg is in front when you come up? Let the sole of that foot stand on the floor somewhere in front of the "inside ankle" - **the knee points to the ceiling, the other thigh, knee and ankle remain touching the floor (or as much released toward the floor as possible.)**

51. Find an appropriate place for each hand on each side of the knee that is on the floor. Roll your body weight along the leg on the floor from the buttocks to the knee to the palms of the hands. Do this a few times and let the buttocks come slightly off the foot and the weight concentrate on the knee and hands. LET YOUR EYES LEAD THE WAY. Find a way to continue the movement up to standing. Be sure to first bring the head diagonally over the knee on the the foot and then look up. **Let your eyes lead the way up to the horizon!** And then as you come to stand swivel and spiral and look toward the side of what was the floor knee.. Stay there for a moment do not move. Then find a way to exactly reverse your movements back down to the floor and come back down to sitting cross legged.

First bending over.

**BOTH HANDS MUST TOUCH FLOOR FIRST!**

**THEN KNEE.**

**ONLY THEN BUTTOCKS**

52. Keep exploring rolling up to stand from lying and coming back down to sit and then lie flat on the floor and find which hand you don't need to come to stand (\*For those who are ready only - no hands.

Emphasize one hand is really good and functional. Just trying no hands for fun.)

REST P.L. How is your pelvic lift different? How does low back contact floor now ?

Go around the room. Watch each person, see what piece of the sequence is not clear.

53. Re-do tests: Lie on back BK, feet standing on floor. Raise head with interlaced hands. How much farther and easier do you lift your head now? What has changed to allow this? Now bring a diagonal elbow & knee toward each other. How has that changed? What has softened between one hip and the opposite shoulder in your chest? Explore the other diagonal. Now lift both the head with your hands and the knees and hold. In this position, move elbows and knees towards each other, and away from each other. ST. How has that changed? Do one more pelvic lift and take a deep rest.

STAND shift weight WALK