

ROCKING

1. BK, hands alongside body.
 - a. Rock the pelvis with the soles of the feet pushing the tailbone and spine towards the head and back to the feet. The pelvis rocks - does not slide on the floor. When the back flattens, the chin goes away from your chest. When the back arches, the chin goes toward your throat. Don't purposely move your head - let it be moved. Do not use your abdominal muscles. Push and pull with the soles of the feet. Keep doing it until it becomes familiar, until you can rock the body like jelly. No effort in the legs or belly.
 - b. Now let the back of your neck be lengthened, and the back of your head slide slightly upward on the floor, with each push from your feet that flattens your back. Then release into a pull from your feet that arches your back. Now, for the rest of the lesson, keep your neck long. Do not let it arch. Let the movement push out through the top of your head.

2. Now turn the rocking into a small fast movement. Effortless. (Note: if a student is having difficulty, show them someone doing it effortlessly, if necessary. A visual cue is helpful here, plus touch.)

3. Straighten your legs and create the same whole body fast-rocking **from bending and straightening at your ankles**. Your neck stays long. The back of your head slides up and down on the floor. (Touch is helpful: teacher take both upper feet and create the rocking.)

REST

4. BK. Stretch both arms sideways in a cross, palms up and do the same rocking movement. Don't lift the lower part of the pelvis off the floor. Rock it with your feet. Try to make the movement up of the same quality as the movement down.

5. Now draw your stomach in slightly and keep on doing the movement.

6. Now fill your lower abdomen with air and continue.

REST

7. BK. Raise both arms to the ceiling, palms touching as in clapping. Direct them toward the ceiling and keep rocking the pelvis with your feet. Now keep that triangle with the arms and slowly move them to one side towards the floor as you keep rocking. Go only so far that you can feel more pressure on one side of the spine and the ribs on that side. The other side of the spine is just off the floor. Feel what's happening in the shoulder blade on the floor. Feel the whole spine.

Keep the arms and elbows straight. Keep on rocking. Keep the palms together. Feel the effect on the chest and ribs. Which parts of the body from the pelvis to the shoulder blade are in contact with the floor?

8. Slowly come back to the middle so both shoulder blades move on the floor and very slowly tilt to the other side while you rock, until you feel yourself moving on the other side of the spine, between the ribs and the spine. Which are the parts lying on the floor now? Is it the same as on the other side? Keep testing to the L and to the R sides to notice whether there is a difference. Keep elbows straight.

REST

9. Think of what the bone from the hip to the knee looks like (femur). BK. Put the ankle of the organized leg on the other leg above knee. Open the hip so that the knee is as far from the head as possible without strain. Think of the femur, the hip joint and the greater on this side (explain).

Now push with the foot that's on the floor and continue rocking. You can do two kinds of movements in the hip.

- a. Sliding - so that the hip and knee both move forward and back the same amount.
 - b. Rotational - the hip joint and the knee will both move in an arc toward the head and back but you will notice that the knee will swivel more toward the head than the hip joint. Be aware of the movement of the hip joint inside the socket and the movement of the greater in space. Feel at what point it's higher than the hip joint and when it comes down lower than the hip joint. Keep exploring the two types of movement. Perhaps they are turning into one movement that combines both.
10. Now tilt the body toward the org. hip side so that the other buttock comes up off the floor. Keep rocking. Feel which places of the spine touch the floor. While you do that, notice which movement does the hip joint do - sliding or rotational or both?

REST Notice the differences side to side.

TRANSFER

11. BK. Reverse the leg position from the previous movement. Rock and distinguish the two types of movement in the hip on this side. Let the hip be open so the knee hangs out. Alternate between the sliding and rotational movements until you can see, feel and sense where the hip joint is and what it looks like. Gradually lean

over to this side, raise the other arm towards the ceiling and continue the two types of movement. Does one seem more clear than the other?

REST Observe the sensations around the eyes, hip joint, and how the body lies on the floor.

12. Bend your knees open to the sides and bring the soles of your feet touching. Move the feet to a comfortable position, not too close, not too far from the pelvis. With the soles touching, continue rocking. Try to visualize the hip joints on both sides.

13. Now, to know with which leg you are pushing harder, rest the side of the R foot, which was on the floor, on top of the L foot so the R is passive. Continue rocking. Then reverse so the L is passive and continue rocking. While you do this, try to decide which joint is more clear, the one that works actively or the one that doesn't.

14. Both feet on the floor again, continue, still seeing in your mind the two hip joints.

REST

15. BK.

a. Lift your pelvis up in the air high without strain and continue rocking. Like a slant board, from shoulders to knees, straight. Rock. **DO NOT** let your pelvis lower and raise **AT ALL!** The push from your feet goes directly through to the top of your head. [Demo]

b. Rest both hands over your head on the floor, palms up, and continue rocking.

REST Observe the feeling in chest and stomach.

16. Now interlace the fingers behind the head, arms close to your ears and elbows toward the ceiling. Lift your head a little and rock the body. When you push up, lift the head a little more, Feel the legs push through the spine, allowing the head to come up higher. (As the back flattens, head comes up. As the back arches, head goes down.) Put the R ankle over the L knee and continue. Change legs and continue.

REST Appreciate the changes in how you lie on the floor. How you feel in your chest, head and face.

17. For the last time, BK and do the rocking. Is it easier than when you started?

REST PL. How is it different?

Come to standing. Feel how rooted to the floor you are. Walk. Does it feel like magnets in the floor? Walk.

