

FROG LEGS PART I

1. Lie on your back and make yourself comfortable. Do whatever you need to do to feel really at ease. Let your eyes close and go into your body. Notice the relation-ship your body is having with the floor. Where are the points of contact? What is touching the earth? And where is the greatest pressure of these points of contact? You'll find that it's not the same on each side. Look for points of contact where you can surrender to gravity and have the support of the floor. Feel those points of contact where you resist the floor, where you experience the hardness of the floor, and where perhaps the pressure is painful. How is the contact in the shoulder blades different than the contact in the hips? How is the contact in the elbows different than the contact in the heels? What about the right and left sides of each elbow? Each heel? Do you experience your pelvis level on the floor? Is one hip higher.
2. Let your head roll gently once to each side. Notice the quality of rotation. Bend your knees. Place your feet and knees hip width apart and rest your hands at the sides of the body on the floor. Please lift up your pelvis and your back into the air. How far do you go? At what point is it more effort to go higher? What are you doing with your breath? Slowly lower yourself back to the floor, and then extend your legs until they are long and in a V.
3. Now please bring up your right knee only. Bend the right knee and place it some distance from the left leg. Open your arms right and left to the level of your shoulders, right angles to your body. Place your palms up toward the ceiling. Now lean your right knee to the left. Let it sink down to the left. Bring it up to vertical again. Repeat that movement several times. Notice how you use the weight of the leg to sink there. Keep leading it, don't let it just collapse. Keep leading it away from your head towards your left foot as if somebody pulled your knee and the whole of your thigh. Allow right side of your body to come up into the air and encourage your right hip to come forward, right ribs to leave the floor.
4. Each time you come there to the left, notice if you have an intention to stop breathing there. Just discover, don't change what's happening with the breath. Please come to the left and stay in that position and take a deep breath, all the way in, and let it out and feel how you are after you breathe. Let the knee come back to its place. Each time you go, each time you create a movement, stay there to breathe, as only breath makes it yours. To own something, we have to be breathing there. So come there, and take a breath and feel comfortable and as you let go, feel how the hip by itself returns to its place. Feel that the way back home is completely passive. You don't need to do anything. Just stop doing what you did and your structure and gravity take care of it.
5. Slide your legs down. Arms by your sides. REST. Go into your body and look for a difference in sensation between the right and the left. Notice your hips. See if you can feel that they don't lay the same way on the right as on the left.

6. Again, Please bring up the right knee. Now review in your mind how you brought the knee up? Was the foot passing from one position to the other in the air or dragged on the floor? Do it again and notice what was it that you were doing? Now please let the knee, as it is now, sink down to the floor at your right. Turn it outside so that the foot lies on the outside of the sole. Bring it up vertical again. Do this several times. Please open your arms right and left, right angles to the shoulders and continue. Don't let the knee collapse. Use its weight. Then let it rest. Allow the rest of the body to assist the movement so that your left hip rises up from the floor.
7. Stay with the knee falling to the right. Take a breath. Feel the stretch in the groin. Acknowledge what it feels like to be open with the leg like that. Slide your leg down to straighten it on the floor. Your foot rubs the floor all the way on the outside of the sole.
8. Stay with straight leg and then with the knee straight as it is, turn the whole length of the leg to point toward the ceiling. Turn the toes and the knee upward together toward the ceiling. The leg is on the floor, straight as it is. Then again, turn the whole leg to the right and allow it to bend softly in the knee and drag it, with the outside of your sole rubbing the floor all the way. Bring the heel closer and closer to your pelvis, and then raise the knee up toward the ceiling. Bring only your right leg up to vertical. Repeat several times. The knee is close to the floor all the time. Each time you bring it back all the way to the right and slide it down to the floor and keep going.
Do it in the sense that you move the knee to create movement in your spine. Notice what's happening to the back, the chest, to the rib cage, the shoulders. The foot is always in touch with the floor, either on the inside or the outside.
9. Let your head participate, so that you begin to turn your head to the opposite direction of the knee. Go slowly, take your time and coordinate it. The head is always where there is no knee. When you complete the movement each time with the straight leg on the floor and bring the knee and the toes upward towards the ceiling, bring also the head to the middle. Bring everything to the middle line: your face, the knee and toes. Again, separate them to opposite directions and keep moving. Allow your rib cage to participate. Lift some part of the chest, bring it forward to assist the movement of the knee. Allow your whole body to be a serpent. Bring the movement to a stop. See if you can slide down the leg this way to the side. Let it fall to the side and slide on the outside of the sole.

REST with straight legs. Notice what a movement on one side is doing to you, to your ability to rest. Feel now how is the map of pressure between your body and the floor. How is the contact now?

10. Now, imagine bringing the knee straight up. Just bring the knee up through the middle, your foot lifts, and place the foot on the floor. Now just straighten your leg down. Feel the difference. Stretch your leg down but do it with the foot going in the air so that you feel the difference. Feel the involvement of your back first. Then notice what it does to the breathing, recruiting the muscles of the stomach and the back. Let it go.

If we watch babies, we see that the way they use their legs is to drag their feet in contact with the floor as long as possible. It is one of the things with which we lost touch. We stopped trusting that sense that guides us to do things more efficiently, more economically, more comfortable, and we do

things to succeed, to be a hero, the hard way. We can bring the knee up to bend vertically and keep the peacefulness of the body all the way just by keeping the foot in contact with the floor, leaning the knee through the outside.

11. Please remind yourself of the easy way. Drag the knee to the side, the foot can lean its weight. Bring it up to vertical and lower it to the right and slide it down. Taste the difference. Let it go. REST.
12. Now, please bring up your left knee and notice how you do it. Bring it so you place the foot flat on the floor and the knee is up vertical. Open your arms to right and left, right angles to the body. Feel that both arms are in line, one is the continuation of the other. Let your left knee sink down over the body to the right, and bring it up again several times. Feel now the movement of the knee brings the left hip to be lifted from the floor. Allow it to happen, even push the left hip slightly forward and notice the spine and the elongating that is happening. Feel when the stretch reaches the neck and twists your head to the opposite direction so that your head goes to the left when the knee goes to the right. Feel how the movement of the head is just a result, an unfolding of the twist. Allow the ribs in your left side to be lifted from the floor, the whole chest to be turned to the right. Stay there to take a breath to make it your own movement.
13. Don't hurry to come back. There is no point in just doing much movement mechanically. You do it just to learn. You can learn better when you do things slowly and take the time to be with them. Notice how you come back with your pelvis to the floor passively, let the weight do it. Feel what kind of a contact you reestablish with the floor each time your pelvis comes back to the floor. How do you lean yourself? Does it touch a little bit differently each time? Lower your knee to the left and slide the leg down and REST.
14. Now please again draw your left knee and bring it to be bent up. Let it sink down now to the left, towards your left, in the direction of the floor. Lead it far from your head and allow the right hip to come up. Feel that kind of a stretch or a twist in the spine. Bring it up again. Do this several times.
When your knee goes to the left, let your head be rolled to the right. When you bring your knee to the middle, let the head come back to the middle. Feel the connection between them. Stay on your left side with the knee dropping to the left and slide your foot down to straighten the leg all the way along the floor. The knee goes all the way very near to the floor, very low. Drag it up through the same path and bring it towards the ceiling to be vertical and keep leading it on and on over to your right. Keep moving the whole way from side to side and down to straighten the leg on the floor.
15. Stay in touch with the weight of your leg, the weight of your hips. Let the weight guide you to do the easiest thing. When the path is clear, add to it the coordination of the head, so that the head goes the opposite direction of the knee. Take your time to breathe. When you arrive, you come with your leg straight on the floor, turn, bring everything to the middle line, the knee, the toes and your nose.

- REST. Sense the pressure in the shoulder blades and feel what way it is different from the beginning. Can you feel what way it is different from the beginning. Can you notice that other areas are now in contact with the floor that were not at the beginning?
16. Now, we will combine both legs. Please draw your right knee through the right side, turn the whole leg towards the right, please open your arms. Draw the right knee on the right side and bring it up all the way to become vertical and then let it sink over to your left. Leave it there and draw the left knee there from the left side and bring both knees up vertical toward the ceiling. See that your heels are, your feet are, separate and powerless. Do it in a sense that this is the way to bring the knees up, one after the other, each one through its own side. Now let's take the knees down. We will continue toward the right. Take both knees to the right and slide your right knee down. Straighten the right leg on the floor when the knees are in the right. Straighten the right leg all the way down and then pass your left knee to the left and straighten it there. REST.
 17. Please do it again on your own. Drag the right knee through the right, through the right side, pass it to the left, and drag the left knee and bring both of them up towards the ceiling. Drag the left knee when both knees are pointing to the left. Bring both of them up to the ceiling. Now you go down in the same order. Bring both knees to the right and release the right leg. When both knees are at the right, straighten the right leg all the way down on the floor. Pass your left knee to the left, and slide it down there. Do it again. Begin with one knee, each one you collect and release its own side. You can drag the right knee only when the knees are to the right side. You can release it only when the knees are to the right side. Each knee only through its own side. REST.
 18. Now begin with the left knee. Drag your left knee at the left side and bring it up and turn it over your body to the right and in this position drag also the right knee, bend it, carry it towards yourself and pass both knees, bent as they are, over to your left and there release the left leg. Let the left leg slide down and pass the right knee bent to the right and straighten it there. Feel the contact your body is having now with the floor. How is the Pelvis leaning? What is the distance between the small of the back and the floor? Can you feel that your body is finding a more comfortable way to surrender to gravity?
 - a. Now instead of continuing in the same direction, let's reverse the direction. Begin with your left knee. Bring it out to the side, then vertical, then over to the right. Then bend the right knee out to the side, then both knees vertical. Now drop both knees to the right side. Straighten the right leg. Left knee is vertical, then that drops out to the L side and straightens.
 19. Now let's draw both knees up at the same time, the right knee falling out to the right side, the left knee falling out to the left side. Bring both knees up to vertical and stay there. See that they will be separate. The feet will be separate and parallel, in the width of the hips.
 20. Now open the knees. Let the right one go to the right, left one to the left, and slide your legs down along the outside of the soles. Do this several more times in the shape of a frog or the way babies use their legs. As you do it, notice the distance between your heels. Come with your feet flat on the floor when the knees are bent up towards the ceiling and stay there.

21. Open your arms right and left and now as you keep sliding the legs down and up, see if you can keep the same distance between the heels. When the legs go down, don't make them join together. Keep the same distance. Don't make it wider. Let the heels go in parallel lines. Only the heels are drawing two parallel lines on the floor.
22. Now when the knees are open to the side far away from each other right and left, let your chin down closer to your throat, so that the back of the neck is coming closer to the floor. Keep drawing your knees towards yourself and bring them to vertical. Place the feet flat on the floor, bring the chin up away from your throat. Feel the weight line, the small of the back coming in better contact with the floor. Again, separate your knees and take the chin down. Slide the legs all the way down, straighten them and release the chin. Keep doing it in coordination so that the head will participate in the changes that are going through the back. When the knees are up to the ceiling, vertical, the chin is up, far from your throat. Whenever you open the knees to the sides, right and left, closer to the floor, on either side, let the chin down. Feel that it pulls your spine in such a way that your chin is being pulled in. When the legs are straight, you release the chin once more. The movement of the head will be in natural resonance with that's happening in the pelvis.
23. Now, please stay with your knees bent up. Imagine the curve behind your neck. Place your feet flat on the floor and the knees up, just comfortably. Imagine the distance between the back of your neck and the floor. Have an image of the line of the curvature there. Let go of it. Now imagine the curvature in the small of your back, from the point the vertebrae are not touching the floor. Let go of it. Keep in your mind those two curvatures. Now relate to it as it one is the opposite of the other. Now do the other thing. Bring your chin down towards your throat and push the back of your neck down to the floor to release the curvature there. As you do it, lift up the small of the back. Keep alternating. Once you exaggerate one and once the other. Now please open you legs right and left and feel how you make the curvature in your pelvis bigger and then the chin comes down. Now straighten the legs all the way down and release the chin. Again, drag your knee at the side, big curvature at the small of the back and erase the curvature in the neck, the chin goes down. Bring the knees up toward the ceiling, feel the curvature of your back, erase it, and lift up your chin to make the curvature of the neck bigger. Please continue several times on you own. REST.
24. Let your head roll gently from side to side. Give it up, go just that way that you can convince your neck that it is smooth and easy and pleasant. Completely erase the significance of the maximum. Gradually make the movement smaller and smaller till almost nothing is moving, just existing in your mind. Let everything come to a stop and rest.
25. Now, draw your knees up through the side. Leave your hands at the sides of the body down, lift up your pelvis and back into the air. Feel how it goes now. Lift the pelvis and the back, up and down, several times. See if it goes a little farther, if it feels more natural, easier. As you do it, keep the same relationship between the two curvatures so that when you lift the pelvis and the back into the air, take your chin down. You exaggerate the curvature in the small of the back and release the one in the neck. And when you bring down your body and want to flatten the curvature of the low back and pelvis, create a big one in your neck. Lift up the chin. Keep going in this sense. Body up, chin down, down, chin up. See if you breathe when you do that. Let go of everything. Slide your legs

down and REST. How do you lie on the floor now? What has changed in your contact points on the floor?

These two curvatures of the neck and of the lower back are depending or reacting as the middle of the back behaves. If the middle of the back is very round and very stiff, those two extremes need to compensate and to pay the price. They are sensitive and we will feel the trouble there although the source of the trouble might be the middle of the back.