

Whole Body Side Bending on Back Part 1

TEST 1 (optional): Measure height against wall.

TEST 2: Hands interlaced behind head - legs glued - elbows wide toward floor. Move the two glued legs and R elbow toward each other as if you were lying on top of a clock. Then move the two legs and L elbow toward each other. Which side is easier? Choose to work with that side.

We will call the Easy Side-bending side hand, elbow, arm, pelvis, leg the “chosen” one. The other side will be called the “opposite”.

1) Legs long in a very wide **V**, arms by side. Drag the opposite arm and hand (palm up) on the floor above your head and towards the chosen side as you side bend. If your chosen side is the right, drag the left arm overhead to the right. If your chosen side is the left, drag your right arm overhead to the left. The opposite arm stays as lengthened as possible. Neck, back, shoulders, chest, and arms all slide to the towards the chosen side on the floor and then return to middle. Do this ST. The pelvis and shoulder blades stay on the floor. Rest.

2) Repeat drawing the opposite arm overhead, palm up, on the floor to above your head in the direction of the chosen side. When you get your hand overhead, keeping the arm more or less long, move it side to side. The arm will be slightly bent over the top of the head. Rest.

3) Repeat that move, but this time catch the opposite wrist with the chosen hand at that place where people wear a watch. If you are sliding your left hand, you catch your left wrist with your right hand.

If you are sliding your right hand, you catch the right wrist with your left hand. Catch the wrist from underneath.

In this position, pull the hand even more towards the chosen side. The chosen side's elbow will move towards the chosen side hip. The opposite hand and arm are passive and the rest of the body elongates on that side. Do not turn or roll. Do not lift the shoulder blades. Move the opposite elbow above the head on the floor more and then return to a the neutral overhead position. Let the chosen side's arm traction initiate and notice how the rest of the body follows into side bending. Allow your head and neck to move. Watch that the elbows stay close to the floor. Make many small movements towards the chosen side and back so that the two shoulder blades lie on the floor.

4) Now stay side-bent to the chosen side and slide the opposite straight leg on the floor towards the chosen side's leg. Slowly try to move the leg closer to the chosen side's leg. Can you come to touch the chosen side's leg? The whole pelvis should lie on the floor. The opposite leg moves towards the chosen side's leg and lengthens the opposite side of the body and the chest very powerfully. Do this gently because there will be a demand on the ribs.

5) Now stay side bent to the chosen side. Use the chosen side's hand, to slowly pull the opposite hand, arm, ribs — everything — towards the chosen side with light movements. To the extent possible the two hands and arms are on the floor. Also, the elbows stay on the floor, if possible, but do not force them, just pay attention to not lift them. Now move the chosen side's leg further to the chosen side — gradually and slowly. If your chosen side is your right, you have your right hand pulling your left wrist and entire

torso to the right and you have moved your right leg closer to your right elbow. If your chosen side is your left, you have your left hand pulling your right wrist and entire torso to the left and your left leg is moving closer to your left elbow.

It is important to do this gradually because then the ribs can discover how to move away from one another comfortably. If you do this in one go, it stretches and endangers the body and then the body will not do it. We have an inner guard that guards us against idiocies. That is why it is necessary to do this gradually. Slowly bring your opposite leg in full contact with your chosen side's leg without moving your chosen side's leg. Keeping it out to the side. Sense how this lengthens the whole opposite side.

6) Now explore tractioning the opposite wrist and arm farther on the floor to the chosen side using the chosen side's hand. Do this until it interferes with the opposite leg moving even closer to the chosen side's leg. Challenge yourself as much as you wish by how far out to the side you are keeping the chosen side's leg and how much you are lengthening the opposite arm on the floor away from the head and towards the chosen side. Feel that this move interferes with the opposite leg moving closer to the chosen leg. Go slowly.

7) Now release your chosen side's hand from holding your opposite wrist and move your chosen side's hand down along the chosen side's thigh. Take the chosen side's leg more toward the chosen side. Feel how the hand moves further down the outside of the thigh. Which part of the lower leg gets touched by the hand? Lengthen the opposite hand above your head on the floor and over towards the chosen side even more. This should feel like an extreme side bend, contracting from your leg to your head on one

side, and an extreme lengthening on the other side. Feel the two sides. Rest.

8) Now, your legs in a wide V, interlace the fingers behind the head. Your elbows are wide to the side lying on the floor. With your hands glued to your head, move your elbows, head, and hands to the right and left. Sense how the L elbow moves closer to the L hip, and compare that to how the R elbow moving closer to the R hip. How does this involves the whole back? Sense the distance between the R elbow and the R hip as they come closer to each other, compared to the distance between the L elbow and the L hip as they move away from each other. Are these differences the same when you side bend to the side you haven't worked on?

9) Now stay side-bent towards the chosen side and put your two legs together. Take the two legs, glued together, right and left.

10) Now stay with the legs towards the chosen side. Take the chosen side's leg even more toward the chosen side and return it to the opposite leg and again towards the chosen side. Now move the opposite leg very close to the chosen side's leg. In this position, expand your belly and flatten your chest with your breath. Then flatten your belly and expand your chest with your breath. Then alternate with the breath. ST. Rest.

11) Change the interlacing of the fingers to non-habitual and repeat the last position of all of you, from your waist up and from your waist down, **very side-bent** towards the chosen side. Keeping legs glued, now again take the two legs that are very joined together and move them left and right. This is challenging -go slow and it will become easier. Let it go and rest.

Feel the difference between the right and left side. Slowly get up on your feet and feel the difference in standing and then shifting weight. The walk up a few steps. Pay attention to the differences. Stand and explore side bending, reaching downward with one arm. Compare with other side. Lie down. Transfer. PL.

12) Repeat whole lesson on other side. Transfer. No PL.

13) Repeat Test #1 and then alternate side bending. 14) Stand, shift weight, walk. Look for length up both sides of the ribs. Are you taller?

2 moves that are S.A.T.s

1. Hands interlaced behind head, elbows wide. Upper and lower body sidebend to each side
2. One hand holds other wrist on floor above head and tractions as upper and lower body side bend to each side.