

First thing in morning SAT's using Constrain the Positive.(C the P)  
(where you find difference side to side.)

1. **On the back, legs long. Lift one long leg slightly**, and then the other. What is the difference in how the pelvis rolls?

2 **a)** BK Slightly begin to press 1 foot into the floor, that knee over toes in a way that lifts that hip and rolls the pelvis toward the other hip. **FEEL EVERY DETAIL** of what happens in hip sockets and ribs. **b)** Now repeat other hip. **c)** Now choose the less pleasing hip to do the movement. Do C the P. Rest. **d)** BK **Now flatten back into floor** through pressing feet, repeat #2 a/b/c. **e)** **Now arch low back, Belly puffs toward ceiling.** Repeat #2 a/b/c.

3. BK **Raise one hip, directing, compressing, and packing the joints in a kinematic linkage to diagonal shoulder.** Compare with raising other hip. Do C the P. Rest.

4. BK **Tilt knees. Lengthen top thigh in direction of kneecap.**

a) Pay attention to how much ribs lengthen and spiral on one side.

b) Compare other side. Do C the P. Rest.

7. Repeat the last move, and **then add the scapula on the top knee side sliding diagonally downward (back of hand on floor.)** Compare other side. Do C the P. Rest.

5. **Leg long.** Suck in one hip up one side and lengthen other hip downward. Switch sides. Compare. Do C the P.

6. Retest #1