

## Beginning Side Bending — Floor Lesson, then SAT CFRc

1. BK. Gently reach with each arm, palm down, toward your heel. Choose the easier side.

2. Place hand of non-chosen arm against the same side of head and push so as to **side bend** your neck at the same moment you are reaching down with your chosen arm toward the same side heel. Your ear will follow your shoulder downward. For the rest of this lesson, pay attention that **the back of your head stays on the floor, and sliding, not rolling, it moves in an arc toward your shoulder. You are looking up toward the ceiling even though your eyes are closed. Your nose does not roll away from pointing up to the ceiling, your ear on the side that is side bending comes closer to the shoulder. Your same side shoulder moves closer to your hip.** ST REST

3. Reach with the non-chosen arm up to the ceiling and hold it there **soft hand, relaxed fingers gently curling - no pointed straight fingers that have extra work in them** - as you repeat the move reaching with your chosen arm toward your heel. ST REST

4. Now repeat side bending by pushing your non-chosen hand along the side of your head and reaching down with your chosen arm toward your heel at the same moment. Where are you bending in your ribs and in the side of your neck now? At the same time **lift the hip on the side of the reaching downward arm.** ST REST

5. Now **first** lift the **opposite** hip (on the side of the non-chosen arm), hold it up and repeat the same exploration of pushing on the side of your head and reaching with your arm. How is this different? This asks for a more demanding organization. It's the opposite of a

helpful rotation in the side bending you are doing. It may feel more challenging, and will wake up some areas out of awareness. REST

6. Now let go of that hip and repeat **but this time lift the hip that makes more sense to your body, the hip on the side that is shortening and side bending**. Can you feel your ear moving toward your shoulder, your shoulder moving toward your ribs, and your hip that is lifting also moving up toward your waist? REST

7. Now repeat the simple move of reaching on the worked side towards your heel. How much of of your body do you feel participating in the movement? Your neck? Your ribs? Under your armpit? Do your mid and lower ribs participate?. How much does that side of the pelvis move toward your waist?. What is happening on the other side of your body? Is it lengthening and fanning out? Is that other shoulder moving upward and the other side of your pelvis moving downward?

8. Now gently explore reaching your non-worked arm on the new side towards your heel. What is the difference?  
Rest and compare how the two sides lie on the floor.

9. Repeat everything on the other side.

10. Place a hand on either side of your face and alternate side bending, feeling each hip come toward each ear and shoulder, each shoulder and ear coming toward each hip. Then repeat with long arms.REST No PL. Stand. Side bend. Then walk. Find where does the body side bend in walking? (Then can test improved PL.)

12. Deeper version –find differences **where** in cervicals, ribs, lumbar, you **initiate** SB with each new variation. Diff side to side?