

**BEGINNING FLOOR LESSONS. CHECK WITH YOUR FIELD JUST BEFORE DOING ANY LESSON OR TO FIND THE THE NEXT APPROPRIATE ONE IN THE SEQUENCE**

**Teaching how to bend knees first or teaching Frog Legs as a separate lesson.  
Teaching Pelvic Lift as a way to “perceive” changes (before and after lesson)  
and as a Self Adjustment Tool.**

**Teaching Lifting the Head.**

1. Universal Diagonal Pelvic Ear Part 1 & 2 **FIRST OR SECOND**
1. OR Pelvic Clock **FIRST OR SECOND ASK YOUR FIELD**
2. Universal Shoulder Hip Arm Under Waist Part 3
3. Eyes Neck Jaw
4. Hand Nails
5. Mid Back
6. Press with the Feet
7. Crawling
8. Shoulder Hip Circles

**SELF ADJUSTMENT TOOLS TO TEACH AFTER YOU HAVE TAUGHT THE LESSON THEY ARE DERIVED FROM**

**Part 1 KNEES TILT/NOSE OPP/2 VERSIONS OF HEAD TURN**

**Part 2 ONE KNEE CROSSED OVER OTHER/TILT SIDE OF CEILING KNEE/2 VERSIONS OF HEAD TURN**

**BK LIFT HIP TO OPP SHOULDER(also “Table Walking”)/2 VERSIONS OF HEAD TURN**

**ONE LEG LONG/LIFT HIP TO OPP SHOULDER/2 VERSIONS OF HEAD TURN**

**4 POSITIONS PELVIC CLOCK**

lying/ soles together  
bent knees  
on elbows  
on palms

**You will receive electronic copies of each floor lesson and an audio of a few of them that it would be helpful to hear the teacher’s commentary.**