

# Universal Beginnings and Endings for Table Lessons latest Dec 2016

## Beginnings

1. Ground – sacrum up to crown – intend “highest service”
2. Entrain – hands on occiput- feel into brain and down spinal cord- connect in thru your hand to your brain and spinal cord.
3. Cervicals (starting below T2).

## Endings

### 1. SHOULDER CIRCLE INTEGRATION - let student's arm rest between each move.

A. Swivel Table's hand and lower arm from elbow. Lay hand on Table's belly. Traction arm low over chest and nose and SLOWLY continue around making a circle in the shoulder joint. Your awareness is constantly about how you are asking the humeral head to rotate in the shoulder socket. While supporting the bent arm at all times, you are not stopping it from dropping down towards the table above the head as far as it is willing to go, You are looking for and stopping at each barrier. You are respectfully going around barriers that are not ready to change by making your circle smaller. Your second pass is to give the system a sense of improved ease no matter how small the circle or the change.

B. Starting as in A, gently bring the Table's hand to rest onto table's forehead. Stool's hand on top of table's hand. Stool's other hand at table's elbow tip ( which is dropped approximately to the same height as the forehead, but always respecting first barrier.) Sensing into cervicals, upper thoracics, clavicles, sternum, shoulders, shoulder blades, slowly roll head in direction of Table's fingertips to first barrier, then back to center and past it to first barrier. You are using the table's lower arm from the elbow tip to the glued hand/forehead **as a gentle, comforting, safe, rod that is asking many normally very differentiated parts to move very little relative to each other, and more as a group.** This new, and surprising (and therefore very interesting to the system), non-differentiated move, challenges, and bring into more awareness, the parts involved, as well as what is connected below.

C. Place Table's hand on sternum. Stool's hand on top of Table's hand. Stool's other hand behind shoulder tip (and perhaps catching tip of shoulder blade.) Stool simultaneously compresses shoulder anterior and diagonally toward sternum, a small shoulder roll that goes forward and down. Other hand presses and follows sternum in its own path diagonally or down toward waist, sensing the connection between the two simultaneous moves.

2. R1 diagonal to opposite hip. Then to same side hip. Then both compressions at the same time to same side hip. Repeat other side. Then both R1s compress toward feet.

### 3. HEAD INTEGRATIONS

A. Cervical flexion Flexion to barrier. Release head back down to mid-range point. Side bend to one side. Forward on the lateral side of the “8”. Over to center. Down mid-line. Continue to create opposite side of 8. Rest head (staying in your hands) Repeat entire move again. You are always looking for whats changed the second time.

B. Cervical extension Hands under skull not touching cervicals. **1.** Raise head to first barrier. Face parallel to ceiling. Emphasis at base of skull to keep chin from tipping down.

Release head back down half way.. 2..Move head in translation L and R to first barrier 2x. 3. Move to one side of permitted translation, **then anterior( up toward ceiling )**. Then translate back across to midline, then down through center. Continue to other side.. You are making a figure 8 with square/rounded corners. Rest head (staying in your hands) Repeat entire move again. You are always looking for whats changed the second time.

**C. End in taking weight of head in one last extension move toward ceiling.** Intend neck releases and lengthens as set head down with **slightest** traction at end.

**D. Head roll** (a final integration from upper body downwards). 2x feeling every bone being moved in upper body.

**4. WEIGHT BEARING** (final integration from lower body upwards) Compress through arch point to opposite-side T1. 3 articulations should happen (joints should remain compressed/packed) 1. Ankle flexes 2. Arch point compression to opposite (R1) 3. Outer rim of sole moves headward Create a Kinematic Linkage to== opposite side R1

#### **5. ENERGETIC SCAN**

**6. PL if appropriate/ Table walking if appropriate.**

**7. SEATED INTEGRATION** a.) flex extend lumbar. Pelvis first/ head last. b.) 1 knee backward other forward.

#### **8. STAND SHIFT WEIGHT**

#### **9. STANDING/WALKING INTEGRATIONS**

THE HORSE Standing feet hip width apart. 1.Hips one way, shoulders the other. 2.Hips one way, shoulders the other, head follows hips. 3. Hips one way, shoulders the other, head follows hips, eyes follow shoulders. (An easy way to encourage #3 to have the eyes reverse, student looks straight ahead at you while head is turning.)

THE 2 PART WALKING INTEGRATION 1. Arms crossed across chest. Look up/down/left/right as you walk. 2. One shoulder and elbow forward and head turned the opposite way and walk. Walk a few steps and then switch.

THE CONTRALATERAL KNEE SLAP (if contralateral needs to be clarified)

#### **10.. NOW JUST WALK!**