

## **DRAGGING R1 RING FORWARD FROM CLASPED KNEE** Oct 2018

1. On back. BK Arms straight to ceiling, hands prayer position. Tilt arms gently left and right. **Your hands are glued together**, they cannot slide relative to each other. **Knees stay pointed to the ceiling.** One shoulder will lift from the floor, coming forward, and the other will press more from the floor, rolling backward. How does this affect your neck and head. Find your preference for which shoulder comes forward more easily. Rest.

2. Tilt your shoulders to the chosen side, stay there, and interlace your hands and place them **below the kneecap** of the leg on that same side. Now pull your knee away from your chest. Your arms will be pulled forward and down. Notice one arm is pulled more than the other. Your arms will pull your upper ribs forward and down. Release your knee back to neutral and repeat this ST.

3. Now allow that knee to move more out to the side and continue bringing your knee away from your chest and returning. **Can you feel that the base of your neck is being dragged forward and downward?**

*The base of your neck is made up of the last cervical vertebra at the base of your neck and the first thoracic vertebra at the top of your back. Connected into this vertebra on either side is your first rib on the right and your first rib on the left. These two ribs circle around to connect into the top of your breastbone in front. We call this the R1 ring at the base of your back. It would be like the rim of a beer coaster slid in, front to back, at the base of your neck. Also your collar bone which starts at your shoulder, connected to the top of your shoulder blade is also connected at its other end to the same place at the top of your breastbone as your first rib That is why your upper ribs, collarbones, and sternum, are also been pulled forward and downward.*

So now as you repeat this move, feel what your collar bones and your shoulder blades are doing as well. Rest.

4. Now repeat this move but this time let your knee come back toward your midline so that when you pull it downward again, you bring the sole of your foot closer to the floor, as if you wanted it to end up standing on the floor. Repeat ST.

5. Now hold the whole sole of your foot as close to the floor as you possibly can and roll your head a little left and right within what is easy. ST Rest Repeat this to the other side. Rest.

6. Now return to the first side and repeat to move of pulling your knee forward, intending to bring that foot to the floor. How could you continue this traction so that it would bring you up to sit? Your standing knee may tilt in either direction. Play. Explore. And come to sit however you do it. Look for the least effort and the least interrupted breathing. Rest on back. Transfer. do a pelvic lift.

7. Now repeat the first move. Your arms straight to the ceiling, hands in prayer position, palms glued. Turn that triangle left and right, one shoulder forward, the other rolls behind. How are the upper ribs in back and in front, and the breast bone, collar bone, shoulder blades moving now? Do they follow the arms more? What is happening in your neck and head? Is your chest softer question mark Rest. Stand then walk. ( Based on Olena Nitefor)