

ADV HEAD RAISE AND LEG LIFT

Begin Test on Back: slightly lift one long leg, then the other, feel ease or difficulty with each one.

1. On the back, hands on either side of the body...let the toes fall open to the outside. Using a very small movement, lift the head only, slightly, from the floor. ST (you already know how: low back flattened, sternum moving down to floor and waist) Allow the spine to lengthen in the direction of the head. Be sure you do not interrupt your breathing.

2. Hold the hair on top of your head with the right hand and use it to help this tiny movement. Lift the head with the help of the right hand, elbow to ceiling, what you do with the tilt of your chin toward your throat with the lengthening of the back of your neck? Can you not crunch or shorten the front of your neck but instead have it lengthen in an arc?

3. Change the hands and repeat.

4. Stop using the hand and lift the head without it's help. Can you keep same length front and back of neck?

5. Place both hands on either side of the body. The hands are closer to the body and the elbows are farther away from it. In other words, your arms are slightly bent. Lift the right elbow...only the elbow. The right hand remains on the floor. Then explore lifting the left elbow. Choose easier side to work with first. Lift the chosen elbow-only the elbow. Lift so little, that in actuality, it seems that you did not need to lift it, and you could only think of lifting it. Make the smallest possible movement.

6. Now, *Imagine* someone is pulling your elbow gently straight out to the side, sliding along the floor, making the elbow move away from your body ST.

7. Now you lift the elbow slightly while you *imagine* someone pulls the elbow out to the side each time you lift the elbow. Lift the elbow only to reduce the friction which interferes with the movement to the side. Slowly st. The actual lifting should not only be small, it also should be slow. It is as if the elbow is glued to the floor and difficult to lift. Do the smallest movement possible. Do less each time until nothing is seen; just think that the elbow moves away from the body. Slowly...pay attention. What relationship does it have to your breathing and your chest? When are you lifting the elbow- when you start breathing or when you start inhaling? When do you usually decide to lift the elbow? There is a moment when everyone decides to lift the elbow. Is it somehow connected to your breathing?

8. Rest. Feel the width in your chosen quadrant. How does it lie on the floor compared to the other side?

9. Slowly...begin lifting the knee opposite your chosen shoulder. Lift only the knee, not the foot. That means the leg shortens a bit. Make the smallest possible movement so it can't be seen. Slowly, make the smallest movement. Do less each time. Try to do such fine, delicate movements that they can hardly be observed. Slowly means waiting between movements.

The movement itself will be slow and small. It will not be frequent. Here also, pay attention to when you do it relative to your breathing. Is it done at the moment you expel air, or at the

moment you begin to inhale? When do you actually begin the movement of your right knee? Let the knee come to a complete rest and start from the beginning each time.

10. Hold the arms and hands slightly spread, elbows slightly bent out to the sides on the floor as before. Lift the should blade that is on the same side as the chosen elbow. Lift it the tiniest amount possible without involving the elbow. Not the elbow...lift only the scapula...the shoulder blade....all the rest of the body is quiet. The head is quiet. Everything is quiet. Only shoulder blade lifts, of course that may affect the shoulder slightly. Each time make it a smaller movement.

11. Now imagine someone is also pulling your shoulder blade and shoulder out to the side as well as lifting it toward the ceiling up at the same time. One of their hands is holding the shoulder blade and shoulder from behind, their other hand is placed on your shoulder and collarbone in front. Lift the tiniest amount possible. Slowly...do it infrequently. Pay attention to how the shoulder gets moved away from the body. Does it lie more easily on the floor every time?

Pay attention. Do you lift it at a specific moment in the cycle of breathing? Is it while expelling air, or when air enters the lungs? Be sure to lift only the shoulder and shoulder blade, nothing else. Rest. How does that quadrant lie on the floor compared to the other side?

12. Lift the opposite hip joint from chosen shoulder. You will be lifting that side of the pelvis. Pay attention to what relationship it has to your breathing. Organize the movement so that it is smaller and slower every time; less visible to an outside observer. Can you feel a connection to your worked shoulder?

13. Rest on your back. Feel the difference between the diagonal line resting on the floor from your explored shoulder and elbow to the opposite explored hip and knee and the unexplored diagonal line. Retest lifting worked elbow then lift unworked elbow. Compare. Transfer.

14. Repeat new elbow, new pop knee, new scap, new opp hip. Rest. Transfer.

15. Roll on the stomach and put the forehead on the floor. Extend the two arms, on the floor in the direction of your head. The elbows are bent only as much as you need for comfort. Legs in a wide V, the toes are pointing out to the sides, the heels point inward. In this position, lift the forehead from the floor. Use small movements as before-when it felt as if someone was pulling the hair.

16. Now hold the hair behind the top of your head with the easiest hand. Pull the hair in the direction opposite your face. Help the head lift but make the smallest possible movement. The hand pulls on the hair in order to lengthen the head in the direction of the wall, where the top of the head is facing. Make a few tiny movements like this.

17. Do the same thing with the other hand.

18. Lower your hand and continue. The arms are long, on the floor above the head, almost straight, but not completely. The elbows are wider than the hands. Stay like this and lift the head st. Pay attention to when you lift the head in relation to your breathing. Do you lift at the beginning of the exhalation, or at the beginning of the inhalation? Do you do it when air comes in, or when air comes out of the lungs?

19. Arms same position. Elbows must lie on floor at least higher than shoulder height. Put the forehead on the floor and slowly lift the abdomen and navel. Lift the belly button from the floor. Lift it the tiniest amount so nothing can be seen. Lift the navel from the floor so it no longer touches. Pay attention. How do you lean as you do this? Do you lean on the right or left knee? Do you lean on them equally? Do you lean on the elbows equally? Do you lean equally on both sides of the chest? What part of the chest do you lean on when you lift the belly button from the floor? So it can hardly be seen...try to lift the navel without movement in the body. That means only pulling in the abdomen without lifting the body. Expand your chest and pull in the abdomen. Do not lift the pelvis.

20. Now lift the chest. Lean on the elbows and forehead and lift. The forehead is on the floor when you lift the chest. Lift the chest a little bit. The arms are almost straight. Almost long. They are slightly bent at the elbows.

21. Lift the easiest elbow a bit from the floor. Keep that chosen elbow in the air the whole time, not the hand. Keep the other elbow on the floor, continue lifting and lowering the chest.

22. Switch which elbow stays lifted. Do the same thing. Lift the chest.

23. Place both elbows back on the floor and lift the chest another five times. Go more slowly and use smaller movements.

24. On stomach-forehead on the floor, arms outstretched.

25. Put toes to sides and turn heels in to middle. Spread your legs-heels remain turned inward. Slowly start to lift one knee. It will move outward and upward toward your head just a little, as well as dragging your lower leg. Then try lifting the other knee-choose easier one. Continue exploring lifting your chosen knee. Use pressing into the floor with the foot or leaning on the toes as little as possible. Discover where can the movement come from? What does your pelvis need to do? Which way does it need to roll? What happens in your low back? What happens in each hip? Does it help to let the other leg roll? Make a small movement and keep both heels inward. Initiate first by lifting the knee no matter how you are learning to assist with your pelvis. Rest on back. Compare how worked hip and knee rest on floor compared to other side. Transfer.

26. Explore lifting the other knee.

27. Slide up both knees to each side as far as you are willing to explore. Sides of feet stay on floor, keep both heels turned inward. What do you have to do with your belly and your low back? Do you drag 1 knee first and then the other?

28. Lie on the back. Bend the knees, feet standing on the floor hip width apart. Hold the hair behind the top of the head in both hands, close to the place where the head touches the floor. Pull the hair so it lifts your head a tiny bit from the floor. Pull the hair so it lengthens your spine. It moves the head away from the pelvis. Use the legs to help the spine become longer until pulling your hair can be felt throughout the whole spine. Pull lightly and help with the hands. Make it so the whole spine can follow the pull of the hands. Of course, pull equally with both hands. Don't pull right or left. Pull in the middle. Pulling with the hands means to pull the head toward the wall behind the head. Do this many times and each time make a smaller movement.

Be sure that each hand pulls equally. Pay attention that the head is exactly in the middle between the two legs. Look with the eyes each time you lift the head this tiny amount. Pay attention if the head goes exactly between the legs, or {off} to the right or left.

29. Put the two hands on either side of the body. Continue knees bent. Now, using the smallest possible movement, lift the pelvis from the floor. The smallest movement means one that can hardly be seen.

30. Continue lifting the pelvis with the R leg. The left leg stands without helping. The left leg does nothing. It does not lean on the floor nor does it help the pelvis lift. Slowly...make the smallest possible lifting movement. Rest legs long. Compare how each leg lies on the floor.

31. Now, repeat other leg. Now, press both legs very small amount.

32. Hold the hair behind the top of the head, near the place where the head touches the floor. Using both hands, pull the head. Let the chin go down and lift the head using the smallest possible movement.

33. Now lift the head together with the pelvis. Lift both together while lightly pulling the hair. Feet stay on the floor.

34. Rest on back. Pay attention if you lie differently from the beginning of the lesson. Are there parts that sink to the floor better than before? Is your breathing lighter and easier? Is your body longer?

End Test: Lift one leg, then the other. Easier now? How? What parts of yourself were utilized in the lifting that weren't in the beginning?

Slowly roll to the side and stand up. Stand quietly for a moment. Pay attention if you stand differently from the beginning of the lesson. Where and how do you stand differently? Walk. What is different? Now lay down and test once more lifting each leg. What has walking taught this move?