

Self Adjustment Tools

Three main starting positions, each with two different head positions.



1

FEET ALWAYS STANDING HIP WIDTH TO BEGIN

- Knees tilt one way- nose the other way
- Elongate ceiling thigh/knee with inside rim of foot
- Reach arm down- circles with shoulder
 - a) head opposite knees (twist in spine)
 - b) head same side as knees. Floor ear slides backward. (C curve in spine)



2

- One knee crossed over other- nose the other way
- Tilt knees in direction of top knee
- Reach arm down- circles with shoulder
 - a) head opposite knees (twist in spine)
 - b) head same side as knees. Floor ear slides backward. (C curve in spine)



3

- One knee bent- other stays long
- Press foot to raise hip of standing foot to opposite shoulder
- Reach arm down- circles with shoulder
 - a) head toward raised hip (twist in spine)
 - b) head away from raised hip Floor ear slides backward. (C curve in spine)

OPTIONS TO ADD

- Arm under waist (with all 3).
- Foot goes under bridge by standing foot and is grabbed by hand. Slide hand and neck as well. Then turn head to side of standing (now under bridge) foot and slide ear backwards.
- Free arm overhead and look up at it (with all 3).

OTHER SELF ADJUSTMENT TOOLS

- Pelvic clock- SOLES TOGETHER! –on back/on elbows/on palms.
- BK feet together – move both feet way out to side- tilt knees to floor in middle.
- BK one arm reaches to ceiling- spiral twist! Back of palm turns inward.
- BK arms out in a cross- fist turns up, head & eyes look toward that fist. Behind fist turns down- lift hip on side nose facing.

Mid-back

- Bend one knee. Same side hand under neck. Long leg side hand straight above you on floor.
- Move foot of bent knee to other side of long leg. Keep knee bent at ceiling and foot standing.
- By pressing that foot into floor, elongate kneecap in the direction it is pointing.

(USE THESE EXPLORATIONS ONLY IF YOU HAVE PREVIOUSLY LEARNED THE FULL HOUR-LONG FLOOR LESSONS ON WHICH THEY ARE BASED.)

—Harriet Gostlins, Cortical Field Re-education