

BEGINNING SIDEBENDING AND ROTATION ON BACK HOLDING HEEL

"If I don't go slow, if I go fast I have less time to sense myself, to feel myself, and to realize that I could use less effort with what I am wanting to do. You can't change without feeling yourself."

O.P. Lie on your back. Legs Long in a V. Arms by side.

TEST: Breathe in through your nose into your belly. And then exhale by flattening your low belly. How much air we breathe in is determined by many factors. One major factor is the freedom of our diaphragm.

1. a. With your palm up, reach down, lengthen your arm and allow your right ear to follow your right shoulder. You are sidebending your neck on the right side. Now switch your arms and repeat on the other side. Put your left arm palm up. Reach down. Allow your left ear to follow your shoulder and allow your neck to sidebend to the left. Choose the easier side.
b. Stay in the O.P. and bend your right knee if you are side bent to the right and press your right foot into floor in order to roll your pelvis to the left. Your right knee stays absolutely pointed to the ceiling. It does not tilt inward. And it lengthens over your foot.
If you are sidebent to the left. Bend your L knee. Press your L foot into the floor in order to roll your pelvis to the right. Your left knee stays rigorously pointing to the ceiling. It does not tilt inward. It lengthens over your foot.
2. Repeat #1 on the other, non-chosen side.
3. Repeat #1 and as you roll your pelvis away from the lifting hip, roll your head and eyes the opposite way. DO NOT LOSE THE SIDEBEND. Your eyes rotate diagonally down toward the shoulder that belongs the extended downward arm. Then return your eyes and nose to the ceiling between each movement. Relax your throat and tongue. The lower part of the spine is turning in one direction and the upper part of the spine in the other. What is the minimal amount of effort you need to do this?
4. Repeat #3 on the other, non-chosen side.
5. Repeat #1 and move your chosen heel toward or touching your finger tips of your downward, extended hand. Lengthen your hand by sidebending more to touch your back edge of your heel or under your heel if possible. Do what you can. (You may lengthen overhead if that is helpful.)
6. Repeat #5 on the other, non-chosen side.
7. Repeat #5 on the chosen side and now add lifting your toes S.T. With the knee staying up to the ceiling, if it is your right knee, move your pelvis more to the Left and the head and eyes to the Right. Looking down to the right shoulder, keeping the sidebending to the right. Keeping the right ear very close to your shoulder.
If your left knee is up, move your pelvis to Right and your head and eyes to Left. Looking down to L shoulder. Keeping the sidebending to the Left. Keeping the left ear very close to your left shoulder.
8. Repeat #7 on the other, non-chosen side.
9. Repeat #1 on chosen side. Stand on the fingertips or can you reach your heel all the way into your hand. This is not about stretching anything to accomplish this. This is finding new places in your neck, upper ribs, mid ribs, low ribs, lumbar, sucking hip into hip socket -- that can sidebend more so you can reach your hand under your heel.

Now tilt your bent knee more inward and more outward S.T. Your lower back arches.
And now gently turn your head opposite your lifted hip. Now roll your head opposite the lifted hip.

Rest on Back. Transfer.

10. Repeat #9 on other, non-chosen side.
11. Repeat #1 on your chosen side but now, bend both knees. Reach down toward your heel as before and attempt to get more heel into the palm of your hand. If your chosen knee was the right knee, tilt it to left and your left knee tilts as well. If your chosen knee was the left knee, tilt it to right and your right knee tilts as well. Then add your head and eyes turning opposite your knees.
12. Then repeat #11 on the other side.
13. Repeat #1, Bend both knees. Lift your pelvis up off floor and move it to the right if your right knee was the chosen knee. And set it down again with your intention to rest your pelvis on your arm. And release back.
If your left knee was your chosen knee, lift your pelvis up off the floor and move it to the left and set it down as if to rest on the arm and release it back.
14. Repeat #13 on the other side.
15. Repeat #13 on your chosen side once again. Can your pelvis rest more on your arm or can it possibly rest on the floor on the outside of your arm? Remember it is your intention to do this without strain and with discovering new parts of you which can help that causes changes...not if you get to the end range.
16. Repeat on the other side.

REST As you breath in through your nose and exhale out by flattening your lower belly, can you feel a difference? This is because your diaphragm is more free.

Pelvic Lift. How do you lie on the floor differently?

17. Bend Both Knees. Raise your pelvis and feel if there is less strain or effort in raising your pelvis. And now move your pelvis at the top of its height right and left. Turn your head opposite. S.T.

REST and do one more Pelvic Lift.

Stand, shift weight and walk.