

**Standing Position** Bring left ft forward till left ankle directly under hip; shorten big toe; lift feet alternately with straight knee by adductors, psoas, and quadratus

**Sitting Muscles:** Sit on floor with both feet on right, slanting back; hands behind neck; come up to kneeling position with hands still behind neck, sit back on heels; repeat to left, watch rib case. Good to improve sitting position

**Scoop and Hump** On all fours with s.o.b. up scoop down between hands till chest touches table, come back till hips touch heels, then come back to first position with s.o.b. curved upward, using adductors and keeping ribcase free.

**Pelvic Rotation:** Using inside pelvic muscles and adductors; swing pelvis slightly to left, front, right, back and repeat. Keep trunk over feet and move only pelvis.

Good for intestines, bladder, uterus and pelvic muscles.

**Lie on Side:** Bring knees alternately against stomach, much as in pedalling. Keep hands clasped at full length in front to prevent body twisting back.

**Lie on side:** Lift upper leg sidewise with knee straight. Touch leg with hand as far down at side as possible, in order to keep ribs down. Shorten along bone on inside of leg in lowering. Good for anyone.

**Lie on Back A** With knees bent, feet on floor;

place hands against knees and push with knees and hands both, letting knees finally conquer and raise them. (Teacher, with arms across tibia also pushes toward chest) Return. Teacher's arm still against lower leg; pupil's hands against knees again and push knees back to place against resistance of teacher.

B Same exercise a bit more advanced. Lie on back, clasp hands around knees, push knees hard against hands and lift head slightly from floor. Return to place. Good for s.o.b.

Somersaults: Bend forward on hands till weight nearly on back of head, keeping knees straight.

Standing on head: Weight on hands and top of head and toes; knees straight. Teacher stands 18 inches in front of pupil's head, braced to catch hips and hold them as legs come up, while pupil straightens legs in air.

On hands and feet: Reach alternate leg back till knee is straight and toes touch floor. Keep pelvic rim up.

Wands: Hold hands on wand directly in front of shoulders. Lower and step through hands so wand is in back. As facility increases hold wand low and jump through hands.

Good for children

Pedalling: Lie on back, settle in lumbar, raise legs and pedal in air as if riding on bicycle, pressing toes down, keeping hip, knee, ankle in line and keeping legs near body.

This may also be done against wall, raising and lowering leg with heel stretched up and no other part of foot touching wall.

Bedouin: Kneel with weight over center, cocyx curled, pelvic rim up, ribs down in back, lift arms over head, bend from s.o.b forward and downward till arms are flat on table and head also. Up again from s.o.b.

Bear: Walk on hands and feet, back parallel to floor, tail curled with slightly outward swing of leg but toe in; bring rt. foot to rt. hand, advance left hand and bring left foot to left hand, etc.

Not good for too tight people but helps muscles of lower ~~parts~~ back and fascia across sacrum when people can do it. Use adductors and psoas in swinging leg.

Robin: Squatting, clasp hands around knees and hop. Keep ribcage free. Use adductors and psoas. Keep pelvic rim up.

Not good while lower back is very weak.

Chicken: Squat with arms around knees. Shuffle along.

Knageroo: Squat, arms straight out, ~~hop~~ with arms straight out, hop with ribs down. (Also arms bent and hands drooping in front like dog begging.)

Gallop:

Cat: On knees and elbows, head down, tail curled, purr(trill) vibrating against s.o.b. Then arch s.o.b. as if seeing dog and hiss, first long and then several short ones. Later draw feet up under, settling weight ready to spring, still with s.o.b. arched, and spring, landing in same position.

**Lookout:** Lie on back, knees bent, feet on table, raise legs wtraight in air , with knee straight, bend foot from ankle toward head, then backward, then circle; keep knee, hips and ankle joints in straight line.

Too stiff people cannot do thjjs. Hekp muscles inside leg. Good for coordination.

**Leg and arm raising:** A- Lie on back, knee bent. bring up rt knee, as knee goes down raise rt. arm

As rt arm goes down raise left leg

As left leg goes down raise left arm

Good for coordination

Keep s.o.b. on table, do not tighten abdominal muscles. Keep ribs from spreading in front below sternum

B-- As one leg goes down bring up other leg and arm. Pedal with rt arm and leg then with left then with both

C-- Raise leg with knee straight, touch ankle with finger tips of opposite hand.

Good in certain stage for releasing contraction also for coordination

**Simple arm coordination:** Lie on back, knees bent, rt arm across chest, left arm straight down at side. Reach rt arm out, left arm straight up over head. Back to position, watch ribcase.

Later this may be combined with pedalling or with alt. leg raising.

**Sitting position:** Sit well back in chair, bend forward with head and arms hanging, rib case free; shorten adductors, bring up pelvic rim, come up with s.o.b. leading, till whole body is directly over center of pelvis and weight directly on ischia.

### Reducing Exercises:

1 Lie on back, clasp knees, turn on rt side, keep knees together and feet apart; wriggle back to original position without unclasping hands. Repeat to left.

Good for most backs as back muscles should be used (rather than elbow or foot to shove with)

2 Lie on face, put rt arm above head; swing left leg sidewise out and right arm ditto.

Good (when ribcase is free) for diagonal pull across back. Sometimes good for curvature when ribcase is not free. Swing right leg to side, rt arm ditto starting from shoulder and reaching down to touch knee.

3 Lie on face raise alternate legs, then both, then head

4 Knee Forehead