

**Please lie on your back.** And notice your contact with the floor.

Feel in your mind's eye, the length of your whole body, from the top of your head down to the bottom of your feet. Do not try to change anything, just feel and sense the length of your body.

And can you sense the width of yourself? The width from one shoulder to the other, the width of your ribcage, the width of your back from one side to the other, the width of your pelvis.

Notice how far apart your hands are from one another, how far apart your arms are from one another...

how far apart your feet are from one another

how far apart your legs are from one another

Now feel the length of your spine from top to bottom. Where do you think the top of your spine is? And the bottom? And how long is the line of your spine in your mind's eye?

And where is your spine touching the floor? Where is it farther away from the floor?

**What about depth of your body?** How much space do you feel between the parts of yourself touching the floor and the parts of yourself touching the air above you?

That's nice.

Notice your breathing. Notice how and where your ribs move automatically when you breathe. Where do you not feel much movement?

**Now please turn to lie onto your left side. Turn to lie on your left side.**

You are going to want to bend your legs to create some support for yourself.

Have your head on your left arm if that is comfortable for you. Or have a towel, or book or mat. And place your right hand standing on the floor.

**Place your right hand standing on the floor, that means the palm of the right hand is on the floor.**

To do that, you will likely have your elbow bent at a right angle and your forearm straight down, kind of like the leg of a table. Find a comfortable position for your right arm.

**And now begin to make a small gentle movement of taking your right shoulder forward and then back to the middle.** Forward and then back to the middle.

And do that again take your right shoulder forward and back to the middle, reducing your effort each time. Making it easier each time.

Do you notice that movement is not a straight line?

Now stop a moment. Stop a moment, notice how this small movement has affected you.

**And take your right shoulder backwards and then come back to the middle.** Back and to the middle. Repeat that several times. Relax, go easy, there is no goal here. No goal other than expanding your awareness and sensation of how you move.

Notice what happens, however small in the rest of yourself as you do this movement. That's nice.

Now in good Feldenkrais fashion, using a common Feldenkrais strategy, alternate between moving your right shoulder forward and back. Go gently forward, come to the middle, go gently back and then come back to the middle.

back very very slowly and gently taking the shoulder to the middle and then taking the shoulder forward again and then to the middle.

**Good. Please stop. Stay with your shoulder in the middle.**

**And now let's do a similar movement with your right hip.**

**Move your right hip a little bit forward and then come back.**

The movement of your right hip forward can be very very tiny. That's fine. It can be just a thought. The right hip forward and back to the middle or neutral position, finding the easiest way you can organize and do the movement...

You'll find that when you move your right hip forward your right knee will also slide forward a little, right? So hip and knee slide forward and then come back.

What is the smallest that you could make the movement and still make the movement?

Can you make the movement so small that you only are doing it in your imagination once or twice? Though if can do it small in your imagination, you can likely also do it larger in your imagination. Or not at all. It is just something to play with.

And can you feel as you do the movement, the ribs come forward on the right side and there's a gentle twisting movement that goes up your spine.

**Now come back to the middle and stop for just a moment.**

**And now slowly move your right hip back a little bit.** The hip just a bit back and to the middle.

move your right hip back slowly, feeling how the hip moves, the knee

moves, the rib cage, moves.

If you make the movement smaller it will be easier to feel...

You may be able to feel how the movement of the hip, moves the pelvis and makes a kind of gentle twisting sensation that goes up your body....perhaps you can feel it all the way up to the right shoulder, maybe you feel a subtle movement in your neck and head. Maybe not.

**Now alternate. Move the hip forward and backward.**

The hip forward and then back, a little bit, gently alternating.

Feel your right knee sliding over your left knee a bit. Feel the movement throughout your right side and your entire body.

**Stop.** Let go and have your right hip and leg in neutral position where no work is being done.

And now go back to the movement you are doing with your right shoulder move the right shoulder forward and then back. - the right shoulder forward and then back to the middle.

Is your shoulder moving a bit easier now? And if so, does that have something to do with the movements that you did with your hip?

**Ok, please stop and please rest on your back. Roll over and take a rest on your back.**

Notice any differences you can sense between how the right side of your body rests on the floor as compared to the left side of your body. You can notice in general and in specific?

your right shoulder blade- your left shoulder blades  
the right side of your back - the left side.

Right hip, left hip,

Right leg, left leg

Right foot, left foot.

Feel the width of your shoulders, your ribs, your hips

Feel the depth of your body...

Where are there differences that you can sense?

**Now please lie on your left side again, lie with your legs bent.**

With your legs bent so that you have some support in lying.

**Place your right hand standing so that your elbow is at about a 90-degree angle, in other words, your upper arm is more or less straight, like the leg of a table. Adjust however you do to make it comfortable. Comfort is always more important than whatever positioning that I mention.**

**And please take your right shoulder forward and then back to the middle. And then take your shoulder back and to the middle.**

And then go back and forth a few times.

**And do the same thing with your right hip.**

**Take your right hip forward and then back to the middle. And then take your right hip back and to the middle.**

And then go back and forth with the hip a few times.

Now let's do a very common pattern of differentiation that you will see over and over again in Feldenkrais work.

**Please take your right hip back a tiny amount... as you take your right shoulder forward a tiny amount....**

**and then bring them both back to the middle.**

Do that few times. Stop for just a moment in the middle each time. And move both your hip and pelvis at the same speed and move them the same distance, so that they return to the middle or neutral at the same time.

**So you are taking your right hip back a tiny amount... as you are taking your right shoulder forward a tiny amount and they come back to the middle or neutral position at the same time.**

And as always, notice what is happening in the rest of yourself.... Do you notice that the upper parts of your body are turning forward a bit and the lower parts of your body are turning or rolling back a bit.

Do you notice that you are breathing (I hope) as you do this and that your face and jaw can be relaxed...

What is happening in your ribs? What is happening in your spine? Where in the spine is that happening?

And now, go ahead and reverse the direction...

**You take the right shoulder BACK as you move the right hip FORWARD....** The right shoulder BACK as you move the right hip FORWARD

Go only the tiny amount that feels easy and that gives you plenty of attention to also focus on the rest of yourself...

After each movement, bring the hip and shoulder back to the middle.

And switch again, take the hip back and the shoulder forward.

And then switch again, bring the hip forward and the shoulder back bring both to the middle and now move them back and forth, nice and easy in both directions.

Feel what happens in your rib cage, your spine, your legs, your contact with the floor on your side...

**And stop. Rest on your side for just a moment.**

And move your right shoulder forward and backward, like you did at the start of the session. And notice how it is difference.

Stop.

And then move just the hip forward and back. Does the hip move easier now? Does it move simpler? Further with less effort, perhaps?

**[While recording the session, I decided to add one more variation, this is a synopsis]**

**Please imagine a stick, or rubber band or string (or something else) connecting the right hip to the right shoulder. And move the right shoulder and the right hip forward at the same time.**

Make a very very small movement forward and then come back to the

middle-

Do it, so the distance doesn't change between the hip and the shoulder and they move forward and back to the middle at the same speed and at the same time.

**Do the same thing, now but go backward and then come back to the middle or neutral positions.**

Again, do it so that the distance doesn't change between the hip and the shoulder and they move backwards and come back to the middle at the same speed and at the same time.

Your intention is that that they move together, it does not matter if you can actually do that. What matters is that you pay attention.

**Now take your right hip and right shoulder forward and backward at the same time.** Roll back and forth, keeping the hip and shoulder connected. Go slowly.

Good!

Now gently move the right shoulder forward and backward and see what that is like...

And gently move the right hip forward and backward and see what that is like...

**And please stop, roll over onto your back and rest.**

Notice how you are laying on the floor, notice your contact with the floor.

Are there differences in how your right shoulder is lying on the ground compared to the left shoulder? Does one arm feel heavier on the floor? Are there differences in how the right side of your back lie on the floor compared to the left side of your back? The right side of the pelvis compared to the left? Is one leg heavier on the floor? One side of your body closer to the floor than the other side? Or not so much.

As always, you have choices here, you can drift off to sleep if you are going to bed. You can get up, stand up and enjoy this session on one side. You can come back later, listen to the session again and do the session on the other side...how you use Feldenkrais for your own benefit is, as it must be, entirely up to you.