

Please lie on your back. You can lie with your legs long or with your knees bent whichever is more comfortable for now.

As you lie there feel your contact with the floor. How much of your back is in contact with the floor from your lower back up through your middle and upper back, feel the weight of your legs and the weight of your arms. How much of your shoulders are lying on the floor. How is your pelvis lying on the floor?

*If you were to draw a line exactly down the middle of yourself and compare your right side to your left side what would you notice?

Are the two sides of you lying equally on the floor? Or not so much. Do both sides of you feel equal or does one side feel bigger or smaller?

Now please turn to lie on your left side.

Lie on your left side with your legs bent in front of you, your upper legs at about a 90-degree angle to the rest of your body to give you some support. You want to use the least muscular effort to lie in your side.

Lean your head on your left arm or on a folded towel or a pad if you have one.

And please take your right hand over the top of your head - your right hand over the top of your head so that you can hold the left side of your head near the side of the face, near the ear,

Not behind the head but over the over the top of the head.

And now with the help of your right arm lift your head a tiny amount upwards, away from the floor.

So you lift your head a bit off your arm or off the towel and then put your head back again. Stop and then do it again.

Gently lift your head and lower it.

Feel what happens in your chest and ribs and spine as you lift and lower the head.

Is your pelvis moving, are your hips moving, in particular what do you feel in your right hip?

And what is happening to your contact with floor? How does the movement flow through your body on the side of you that is in contact with the floor?

Now put your head back down. Rest a moment on your side.

And put your right hand on the floor in front of you somewhere where it can rest comfortably.

And now begin to do a movement of lifting your right foot up a little bit, away from the left foot. Lift your right foot up a little bit, away from the left foot and then bring it back down.

You only lift the foot, you do not lift the knee. So the knees stay touching

Feel what happens in your right leg and right hip joint movement as you lift and lower your right foot.

That's nice.

Can you feel that your right hip comes up and forward a bit as the foot is lifted - and then the right hip comes back to the middle when your right foot comes back to rest on the left foot.

Feel what happens in your spine and ribs as you gently lift and lower your right foot.

And please stop. Roll over onto your back and rest.

Notice if you can feel any differences. between your right side and your left side.

Now please turn to lie on your other side. Lie on your right side. Bend your legs a bit to give you support. You want to be able to lie on you right side without having to use muscular effort or attention to stay there. You want gravity to do most of the work.

Lean your head on your right arm or you can use a pillow or a pad or folded towel.

And take your left hand bring, it over the top of your head and hold the right side of your head - take your left hand bring, it over the top of your head and hold the right side of your head

And slowly begin to lift your head a little bit away from the floor and then bring it back down.

Use your left arm to lift your head and then lower your head back down.

What can you do to make this movement easier and simpler? Can you find a way to use just the amount of muscular effort that you need to do the movement and no more? Can you relax your tongue and jaw? Can you breathe as you do this?

Do you feel the ribs on your left side coming closer together as you move? Do you feel your left hip joint going up in the direction of the left shoulder as the left shoulder comes down toward the left hip?

One more time lift your head with the help of the left arm and lower it.

And stop and put your left arm in front of you, your hand on the floor somewhere comfortable so that your arm can remain at rest.

And now begin to lift your left foot away from the right foot, keeping your knees touching.

Lift your left foot away from the right foot, keeping your knees touching and then lower your foot again.

Find a nice, soft, gentle way to do that.

And as you do, feel how your pelvis tends to come up a bit and forward a bit, as the foot is lifted. And notice where you can feel the movement in your spine and back and rib cage.

And please stop and please rest on your back. Rest on your back and notice any differences between the right and the left side of yourself. And any differences between how the right and

the left side of yourself lies on the floor.

Now turn onto your left side again. Have your legs bent at about 90 degree you for support.

And a few times gently lift your right foot away from the left foot and then bring it back down.

Only go as far as it's comfortable. Just do it a few times, feeling how easy and simple you can make it.

And the next time that you come down, stop: **And lift only your right heel a little bit away from the left heel.** Lift your right heel a little bit away from the left heel, keeping the front of the feet in contact with each other.

And then, bring the heel back down and do it again. Slowly lift and lower you right heel really...feel what happened in your ankle, your leg, your hip join.

Now keep the heels together, keep the heels touching... and lift only the front part of your right foot - keeping the heels in contact with each other.

This will probably not be a rather small movement and that is fine.

It's like your feet are a pair of scissors and you are opening and closing the scissors.

The big toe on your right foot goes away from the big toe of the left foot and then you bring them back together.

And again, leave the big toes touching, the front of the two feet touching and lift just your right

heel away from the left heel and then put it back down – and then do the other end of the feet. Lift the big toes away from each other.

And alternate, opening one side and then the other.

And again – feel what happens in the rest of yourself as you do that. Feel how far up your body you can feel this movement...feel where you can feel this movement.

Could you close your eyes and do the movement only in your imagination and still feel the movement traveling through your body and mind?

Good. Stop that. And now lift your foot – your entire right foot up away from the left foot and towards the ceiling and then come back down, lower the right foot to the left foot.

And notice is it easier to now, to lift the right foot than it was before?

And now, stop. Leave that. Leave the two feet together touching.

And put your right hand over the top of your head. Put your right hand over the top of your head –

Raise the left side of your head with your right hand and now simultaneous to lift the right foot toward the ceiling

So you lift your head and foot at the same time and bring them back down at the same time.

Feel what happens in your body. Do you feel yourself getting shorter on the right side? Do you

feel your hip and shoulder coming closer together?

Also lift your head in a sideways direction with the help of your right or and then lower your head to your arm and lower the right foot to the left foot and do this very gently a few times and notice if the side bending movement is more clear in the ribs now on the right side breathe out as you lift three then as you lower Everything is it easier to lift your head than before

Stop and rest on your back.

And compare the right and left side of yourself and your evolving contact with the floor.

And please turn to lie on your RIGHT side - please turn to lie on your right side. And lie with your legs bent in front of you at about a 90 degree angle or whatever is comfortable to you to give you support in laying. Your head leaning on your right arm or a pad or a towel.

And lift a few times your LEFT foot away from the right foot, keeping your knees touching.

- and notice how easily you can lift the left foot, only lift it as high as is completely.

You could breathe OUT as you lift your foot and see if that makes the movement easier. Buy breathing out, you help relax the ribs and spine as the left foot lifts up and comes back down to rest on the right foot.

And now stop. And leave your left foot lying on your right foot.

And lift your left heel – only your left heel away from the right heel and then bring it back down. You are separating the heels of the feet by lifting the left heel away from the right.

The front of your two feet stay in contact as you lift **your left heel away from the right heel and then bring it back down.**

And now stop that.

And separate the front of your two feet as the heels stay touching.

Your left big toe moves away from the other big toe as the feet separate. Then put your left toe back down, very easily, very gently. Noticing what is happening in the rest of you.

And now alternate between lifting the heel of the foot and then lifting the big toe. That is alternate between lifting the back of your left foot and the front of your left foot.

Back and forth with the left foot only, the right foot stays passive. Make the movement clear make it small. You could, if it feel comfortable make the movement smaller and faster. Quick and light.

Good. Now stop that. Stop. And now slowly lift your left foot away from your right foot. And notice what that is like.

Is it easier on this side as compared to the other? Very often, perhaps most often we have differences in muscle tone and muscle activation on one side as opposed to the other and this creates differences in how we move, how we sense ourselves.

and notice if it's lighter in the leg can you lift the foot a little higher than you could before. Can you feel the pelvis on the left side moving more than it was earlier. You may find the left hip. Now coming up higher toward the left shoulder and return the left foot to the right foot

Put your left hand over the top of your head holding the right side of your head, if that is comfortable. If not comfortable, you could hold the top of your head.

And with the help with of your left hand, lift your head up, you are bending sideways. And lift your head up at the same time that you lift your left foot up

very very gently and slowly lower and lift your head and leg - breathing out as you lift your head and lift your foot exhaling when you lower them.

Stop and rest on your back.

Notice your breathing, feel your contact with the floor.

And turn onto your left side please.

Bend your legs in front of you and lean your head on your left arm or your pad.

And this time, **keep your feet together - keep your feet together – touching - and lift your right knee a tiny bit away from the left knee and then bring it back down - lift your right knee a tiny bit away from the left knee and then bring it back down**

Lift your right knee and then bring it back down again.

And think, “what could you do to make the movement bigger and easier?”

Try this: Think that you are going to roll your pelvis and body a little bit backwards in the direction of lying on your back and then lift the right knee as you think of that. Do not roll onto you back, just think about the idea.

And then come back to neutral, lower you leg and stop. And do it again.

You keep the right foot on the left foot and you lift the right knee easily by having this intention – just the intension of rolling a bit towards the floor behind you.

Perhaps even think of rolling the head.

Stop that and lift the right foot away from the left foot. Just lift the right foot away from the left foot and notice if the lifting of the foot tends to bring the pelvis and body a little bit forward.

And now let's go back and forth: Lift the knee and lower it and lift the foot and lower it.

lift your right knee away from the left knee and roll a bit toward the floor behind you and then come back down and then lift the right foot away from the left foot and think of turning a little bit more onto your belly.

It can be a small movement. We are going for r the intention here.

Good. Please stop and rest on your back.

Notice any differences you now feel between your right side and your left side.

And please turn to your right side, lie with your legs bent in front of you. Lean your head on your right arm or your pad or towel.

Keeping your feet together lift your left knee away from the right knee and then bring it back down – having that intention of rolling a bit backward to make it easier as you lift the knee.

Feel how by moving the pelvis backwards and turning your back a little bit and perhaps even

letting your head roll little bit, you can make the movement smoother and easier and gentler and bigger at the same time.

This is a classic Feldenkrais strategy, integrating movements to make actions easier. Changing intention to make movements easier. As you do more and more Feldenkrais and look deeper – if you chose to – you will find these types of coordination everywhere.

Try lifting your left knee without allowing your pelvis to move. Lift your left knee without allowing your pelvis to move. Is that very different?

And then let that go and then make the more coordinated movement having that intention of rolling a bit backward to make it easier as you lift your left knee.

Good. Now come back to the middle, rest a moment.

And lift your left foot away from the right foot gently and then lower the left foot back down.

And then lift your left knee away from the right knee and very very slowly alternate between lifting the knee and lifting the foot.

Make it easier and simpler each time that you do. Letting the movement flow through out your entire body. Breathing.

And please stop on your side. Please stop.

And bring your left hand over the top of your head. Take a hold of the right side of your

head near the temple or the ear and with the help of your left arm lift your head.

And then lower your head again gently

And notice how is it to lift your head? Is it easier than it was at the beginning of the session?

Now add the movement of lifting your left foot keeping the knees together at the same time that you lift your head

Try breathing out as you lift them or even as you lower them.

Is the movement easier now? Is it simpler? Is there more movement in the pelvis than there was at the start or more movement in the rib cage.

And rest on your back.

And, once last time for this session, turn to your left side.

And have your legs bent in front of you, your head on your left arm or some other support.

Put your right hand over the top of your head and hold the left side of your head with your right hand.

Lift your head up away from the with the help of your right arm,

Feeling, sensing, noticing where there is bending in your ribs. Feeling, sensing, noticing where there is bending in your spine. This is the first movement that we did in the very beginning of the session.

How is it now, compared to the beginning of the session? Is it easier? Smoother?

And now, add the movement of lifting your right foot. Lift your right foot toward the ceiling a bit every time you lift your head sideways and feel your ability to fold sideways feel the movement in your ribs on the right the movement in the pelvis

And rest on your back. and compare your contact with the floor now to the way you felt at the beginning of the lesson. What are the areas that are touching the floor now that weren't in contact with the floor at the beginning? Can you feel changes in your breathing, movement at the sides of your rib cage as well as the front and the back?

And when you're ready get up very slowly and take some time to feel the changes in your posture and in your movement.

Enjoy.