

Please lie on your back. Lie with either your legs along or your knees bend whichever is more comfortable

Observe your contact with the floor feel the parts of your spine that are making contact with the floor and the parts of your spine that are suspended or raised away from the floor observe the floor in your breathing.

Can you feel your ribs behind you, moving as you breathe.

Notice how your pelvis is making contact with the floor.

Do you feel more pressure behind one side of the pelvis or the other side?

Do you feel the back of the pelvis flat on the floor? Where do you feel that?

How about your shoulders? Is your right shoulder blade flat on the floor or lifted away from the floor? How does it compare to the left shoulder?

Is your left shoulder flat on the floor or raised?

How is your head resting on the floor? Do you feel your head is in the middle with respect to your spine, with respect to your pelvis and legs...or is your head to one side or the other?

Now place your feet standing on the floor. That is, have your knees bent. And spread your feet about shoulder with the part

Look for a balanced place for the legs where you don't feel like you have to use muscular effort to keep the leg standing.

Now begin to do a very small slow movement of lifting the ball of your right foot. So your right heel will remain on the floor.

And you simply slowly lift the ball of the foot and then put the foot back on the floor again.

And then repeat that again very slowly: you lift the ball of the foot and then put the ball of the foot back on the floor.

And pause a moment to rest a little while and then again lift the ball of the foot.

Now as you lift the ball of your foot like that, keep repeating the movements slowly

Where else can you feel the movement? Can you feel a movement from the foot through to the knee from the knee to the right hip joint and the pelvis?

And you might be able to feel that the pelvis on the right side starts to tip back a little bit each time the ball of the foot is lifted....

Please rest a moment. Lower the ball of the foot to the floor to the floor.

Stop. Sense the feeling in your right foot, your right leg, your right hip joint, your pelvis, your lower back on the right side...

And now put your right hand behind your head.

Put your right hand behind your head.

So the back of your head is in the right palm...

... and slowly begin to lift your right elbow a little bit away from the floor and then let your right elbow go back to the floor again.

That's nice.

Leave it on the floor for a moment and then again lift your right elbow a little bit off the floor and then lower the elbow to the floor again

And with each movement, try to reduce your effort.

You don't have to lift the elbow very high, just lift it a little bit and then let it down again.

Now lift your right elbow. Stay with your right elbow forward pointing toward the ceiling

And now begin to lift your head of the smallest amount possible away from the floor with the help of your right arm. - maybe just a half an inch –

and then let your head come back to the floor and return your right elbow to the floor and then rest a moment observe your breathing.

And now lift your right elbow forward away from the floor and now don't lift your head but listen to your breathing ---- **and now as you breathe out, lift your head the smallest amount you can with the help of your right arm and then let your head back to the floor and return your right arm to the floor.**

Good. Pause a moment. And then lift your right elbow first and then wait until you breath

out and then lift your head a little bit away from the floor and then return your head to the floor. let your right elbow rest on the floor

What happens when you breathe out? Well, when you breathe out and you gently lift your head it helps to soften ribs and rib cage and helps the spine become more flexible.

As always if this movement or any other, in this session or any other, is painful then just imagine yourself doing the movements. That is do the movement in your feeling imagination. Or find a way to make the movement even smaller and gentler movement so that is easy and pain-free.

And again as you breathe out, lift your head with the help of your right arm, lift your head a little bit and then lower your head to the floor. lower your right elbow to the floor. Bring your right arm down to your side

Good. Rest. Rest either with your knees bent or your legs long stretch your legs.

And can you notice any differences in sensation between the right side of your body compared to the left side of your body.

Bend your knees. Please bend your knees again. Have feet standing, feet on the floor.

And lift the ball of your right foot and then let the ball of the foot come back to the floor. Lift the ball of your right foot, not the heel.

Keep your right heel on the floor and lift and lower the ball of your foot.

Notice what happens in the rest of you. What happens in your ankle, your right knee,

your right hip joint, your pelvis.

Do you feel a small movement in the pelvis on the right side? Or not so much?

Now begin to make that movement a little lighter and a little faster...bump, bump, bump.

So it's like you are tapping the floor with your right foot.

Do it quickly and lightly, do it fast, but without rushing, without hurrying. And notice what is happening in the rest of yourself as you do.

tap tap tap tap tap.

Feel your whole body moving little bit with that movement...

Good. Please stop. And please rest. Have your right foot remain at rest on the floor.

And again, put your right hand behind your head. The back of your head resting in the palm of your right hand.

And lift your right foot away from the floor and see if you can bring the knee your right knee a little bit toward your abdomen toward your chest so that you can take a hold of your right leg below the knee with your left hand.

Take a hold of your right leg below the knee from the outside with your left hand.

So the fingers of your left hand will be pointing to the right on the knee. Right?

Now again bring your right elbow pointing toward the ceiling.

And as you breathe out, take your right elbow a little bit towards your right knee...

and then lower your head to the floor and lower your right elbow back to the floor again pause a moment and do that again....

And as you breathe out, take your right elbow a little bit towards or in the direction of your right knee...

And notice, each time you lift your head and bring the elbow toward the knee, you can find a way to make it easier.

Does the knee come toward the elbow at the same time that the elbow comes toward the knee?

Try that, so as you do the movement, have your elbow and your knee moving towards each other.

Just a bit.

Next time you do it bring the knee to the elbow a little bit at the same time but you move the elbow to the knee and be sure that every time you take them apart. You let your head and your elbow fully rest on the floor and then again gently bring your right knee and your right elbow closer together and then apart

And as you do this, notice what happens in your spine...

You may be able to feel that as you bring the elbow and knee closer together there are parts of your spine that make closer contact with the floor.

So, as you take your right knee and your right elbow closer together and then apart, parts of your spine are moving towards and away from the floor.

And how do those vertebrae move in relation to the floor when you take your right knee and elbow apart.

And breathe out each time you bring the elbow and knee closer together.

And try to give over the work of moving the leg to the left arm and the work of lifting the head to the right arm – does that make sense? So as much as possible the force is going through your arms, the leg and neck do as little work as possible.

- but only the amount that's comfortable – and with each movement reduce your effort to

Good. Stop and rest. Please let go of everything and rest with your arms and legs flat on the floor, if that is comfortable for you.

And as always notice your changing contact with the floor, your changing contact with yourself and your body. However, slight or great that changing is. That is, however in your awareness or on the edges of your awareness that is, whether you can put the changes in to words does not matter...

And please bend your knees again. Place the feet standing about shoulder width apart.

And again lift the ball of the right foot, that is, the front of the foot. Keep the heel of your foot on the floor.

Gently raise and lower the ball of the foot and keep your attention on the rest of yourself... feel the ease of movement in your right ankle and how the movement goes up to your knee and your hip joint and your pelvis on the right side...

Left Side

Stop. And now let's do the same thing with the left foot.

Lift the left ball of the foot, that is lift the front of the left foot.

How is it different on this side that we have not worked with yet in the lesson? Is it different?

And feel how this relatively small movement flows through foot to the ankle and through to the hip joint and perhaps you can feel it up your spine and to your head.

Or not. You do not have to feel anything in particular. You do not have to feel notice anything in particular. You just feel what you feel. And notice what you notice.

Lift the ball of your left foot and lower it...

... rest whenever you want...

Now, please put your left hand behind your head and so the back of your head rests in the palm of the left hand

And now to lift your left elbow a little bit away from the floor and then lower it to the floor.

You gently lift and gently lower only the elbow. Have you ever seen a bird stretching one wing?

What is the least amount of muscular effort you can use to lift and lower your left elbow?

What is the LEAST amount of muscular effort you can use to lift and lower your left elbow?

Breathe as you do this.

Now stay with your left elbow pointed toward the ceiling or sky above you...

And think first, of lifting your head, but don't lift it just yet. Imagine, sense, feel what muscles would be activated, what would happen in your neck and spine, what would you feel in your pelvis, what would you feel in your legs and feet.

And when you get a sense of that, a clear sense in your imagination, do the movement and then compare what you imagined and what you feel as you lift your head and lower it back down.

That's nice. Lift your head and think of breathing and your ribs softening, your

spine moving, part of the spine pressing against the floor a bit more...

And stop. And do it again in your imagination. And in your imagination can you make the movement clearer, more complete.

Good. Stop that.

Now lift your left foot away from the floor and take a hold of your left leg with your right hand.

And place your right hand just below the knee at the front of the leg with the fingers of your right hand pointing to the left....

Hold your leg gently, with a minimum amount of force...

and now begin to lift your head with the help of the left arm and begin to take the left knee toward the left elbow as you take the left elbow toward the left knee...

And then come back down, put your head back on the floor, put your elbow back on the floor or near the floor, and let the left leg rest still held by your right hand...

and do that movement again....

Sensing as you do, the movement of your pelvis, the pelvis goes back and your stomach draws in, and feel what is happening in your spine...

And now, do the movement, several times in your mind... so that you are not physically

moving but you....but you think/imagining, lifting your head with the help of your left arm...

...you think of bringing your left knee toward your left elbow, you think of bringing the vertebrae of the spine back toward the floor as you fold, think of breathing out as the elbow and knee come closer together.

Think of letting your head and neck become lighter helped by the movement of your left arm and by the power in your abdominal muscles and in the pelvis.

That's nice.

Now, do the movement again and see what it is like...

lift your head and take your left elbow and left knee toward each other and then bring them apart pause and then repeat the movement.

...and notice if it's a little bit easier to do than it was before? Or not. Has something changed? Are you filling in your self-image, your motor image so that what you imagine and what you do are becoming integrated....

Good. Please stop and please rest. Have your arms and legs long and rest.

Please bend your knees. Bend your knees, please. Have your feet standing.

And this time lift your right foot off the floor - your right foot off the floor.

And take a hold of your right knee with your right hand - hold the knee below the knee

with the fingers of your right hand pointing to the left.

And have your left hand behind your head, the back of your head in the palm of your left hand

And point your left elbow forward in the direction of the ceiling....

And gently start to lift your head with the help of the left arm and direct your left elbow toward the right knee and the right knee toward the left elbow –

Again, without trying to touch them together.

And then bring them apart and put your left elbow on the floor. Pause a moment still supporting the right knee and then repeat that movement again as you breathe out.

That's nice. You bring the left elbow forward, lift your head and take the elbow and knee a little closer together and then bring them apart.

Have no intention to try to touch the knee and elbow together. We are not exercising here. We are not stretching.

The only goal here is to see how effortlessly you can do the movements.

Now in good Feldenkrais fashion, let's do the opposite pattern with your breathing.

So breathe IN as you take your left elbow toward the right knee. Breathe IN as you take your left elbow toward the right knee and the right knee toward the left elbow.

What happens? Breathing in usually means there is an increase of stiffness in the ribs and chest and in the spine so that the movement is more difficult to do. More difficult to bend.

Where it gets REALLY interesting - to me at least - is that there are people who are so used to straining and forcing movement, that the difficult way actually seems easier to them. My guess is that nearly every person in the world has some area of himself or herself where the difficult SEEMS easiest. Once you recognize and let go of that – wherever it may be – miracles can happen in your movement and life.

And if you have not done so already go back the initial pattern...exhale – exhale – as you breathe out and you bring your left elbow and your right knee toward each other.

And notice how it is easier....

Rest. And please lower your arms and legs and rest.

What do you notice in your contact with the floor?

And please bend your knees again. Bend your knees again.

This time lift your left foot off the floor and take a hold of your left knee with your left hand just below the knee the fingers of your left hand pointing to the right....

And put your right hand behind your head

...and now lift your head gently direct your right elbow toward the left knee and take your left knee towards your right elbow –

and then put your head back on the floor, let your right elbow rest to the side and repeat the movement again a number of times – finding each time how you can move to make the movement easy, how you can breath to make the movement easy..

Though it does not have to get easier every time....

Reduces the amount of effort that you use in the arms...

Now, let's do another little piece in imagination: Before you move next time. Think again about that part of your back that pushes against the floor when you lift your head and take the elbow and knee toward each other. Just think about it. Imagine it happening.

And then, a few times simply **breathe out** as you imagine that part of the back moving into the floor and...what is that like?

Good. And then again physically lift your head with the help of the right arm and take the elbow toward the knee and the knee toward the elbow and then bring them apart would go over the left leg

Rest. Rest with your left arm down at your side rest with your right arm down to your side and observe your contact with the floor. You notice are there parts of your back that are lying more on the floor than they were earlier in the lesson and this is a sign that your nervous system is learn to let go of on necessary efforts in the muscles of your back.

Bend your knees. Place your feet standing.

Lift your right ball the foot off the floor, keeping the right heel on the floor and then lower the ball the food to the floor

... and then do the same thing with your left foot - slowly lift the left ball the food and let it come back to the floor

- and alternate now doing a simple movement with one foot and then with the other

-

and to notice is there more movement happening in the knee and in the hip joint on each side and in the pelvis

and now simultaneously lift the balls of both feet at the same time keeping both heels on the floor.

Notice how your knees lift a little bit - there is a movement in the hip joints as well –

and then let your feet come back to the floor and do it again.

Can you feel your pelvis tilting back as your lift the balls of your feet?

And now, stop.

Let your feet rest on the floor, interlace the fingers of both hands put both hands behind your head slowly and slowly - bring both elbows toward the ceiling and then very gently lift your head with the help of both arms and then lower your head to the floor and lower your elbows to the floor.

As always - only lift your head the amount it's really easy really comfortable and do it as

you breathe out then please repeat this movement a few times - feel your breathing - feel your pelvis moving as you do this – feel your spine – - Do you feel the small of your back getting closer to the floor?

Next time before you lift your head with the help of your arms - lift the balls of the feet and hold them there.

And with the balls of the feet in the air, lift your head with the help of your arms.

and notice if more of your back is in contact with the floor and then return your head to the floor and the balls of your feet to the floor.

And now lift the balls of your feet first. And then lift your head with the help of your arms gently.

Take the elbows toward the knees a little bit and then return your head to the floor your elbows to the floor and the balls of your feet to the floor.

Left Foot Only. Now this time lift only the ball of your left foot and as you lift your head looked to the left look a little bit to the left

- that's right and then return the ball of your foot to the floor and your head to the floor.

And then lift the ball of your right foot off the floor and as you lift your head look a little bit to the right...

... and alternate like that lower the ball of one the foot to the floor and lower your head to the floor and lift one foot and look at it. and then do it again, lifting and

looking at the other foot...

Lift the left foot as you look to the left and lift your head and then after returning your head to the floor in the foot to the floor lift your right foot a little bit as you look to the right all the time keeping the heels in contact with the floor.

Rest. Please let go of that. Stop and rest.

Lower your arms down to your sides, lower your legs. And observe what your contact with the floor is now like compared to the beginning of the session.

Is more of your body contacting the floor? Do you feel more in contact with yourself?
More present?

Ending. And when you are ready to get up, keep your contact on yourself and your movement as roll to your side and get up very gently. And in standing, keeping your contact on your self and your movement and how this session has effected your walking and the movement of your spine and pelvis and legs and fee, perhaps you will notice changes in how your arms and shoulders feel...that's nice.

Take some time to observe whatever that you do...

And...Enjoy.