

All right. Let us begin. For this session you're going need to have a nice comfortable place to lie down. Really a good idea not to be wearing a belt while doing this session.

Please lie on your back, and have either your legs long, or your knees bent to begin, which ever is more comfortable. As you're lying there listening to the sound of my voice, settling in, feeling the rhythm of your breathing, feeling the weight of yourself on the floor, you can also observe your contact with the floor.

What's it like? How's your head resting on the floor? How much space do you feel behind your neck? How are your shoulders resting on the floor? How flat are they on the floor? How do your arms feel? Your hands, your fingers? Perhaps noticing how much of your spine that you can feel lying on the floor. Then you could be very specific about that. You could feel the spine between your shoulder blades, your spine in the middle of your back, your lower back. Feel your spine as it connects down into your pelvis, and notice how your pelvis is making contact with the floor. That's nice.

Now please, bring your feet to standing. That is, bend your knees, bring your feet to standing so that your feet are on the floor. I'd like you to start by doing a simple movement of drawing your lower abdomen in just a bit, and as you draw your lower abdomen in, very slightly tilt your pelvis back in a direction that brings the small of your back just a little bit closer to the floor. Then let it go. Let your pelvis return to its original position. Then do that again. Just a very simple movement of kind of drawing in your lower abdomen, tilting your pelvis, bringing your lower back closer to the floor, and then let it go. Just go back and forth. Find an easy way to do that. Find a simple way to do that.

As you do it, notice what happens in the rest of your self, in the rest of your body. You might feel parts of your spine moving. You might feel a gentle movement up in your head. Don't actually move your head on purpose, just notice what does move in the rest of your body as you do this one simple movement. Pause a moment after each movement. I hope you're doing that. After you pause, do it again. Draw your lower abdomen in, and as you draw your abdomen in, have a very slight tilting of your pelvis, so that your lower back comes to the direction of the floor. Very nice.

Now let's do the ... We could call it the opposing movement, or the opposite movement.

That is, you push your lower belly forward a bit as you increase the space a bit behind the small of the back, and you tilt your pelvis down. Then let go of that. Then do it again. Each time you do the movement you let go of the effort, and you kind of let your pelvis find its way back to the middle or neutral position on its own. Does that make sense? Again, you push your lower belly forward a bit until your pelvis goes down. I guess you could think of it as going up in a different direction, but it goes down towards the floor, down there below you. You lift the small of the back a bit, and so you're kind of arching the back and letting the pelvis come back to its original position.

Again, just find ways to make it a little bit simpler, and a little bit easier each time. Generally speaking, don't go around moving on your pelvis like this. That can be weird for some of us sometimes. Can you feel how the movement of the pelvis kind of pulls the spine, pulls the shoulders a bit, and it affects the head and neck? Do you notice things such as when you tilt the pelvis forward, it tends to pull the chin closer to the chest? Do you notice when the pelvis comes back to the original position, that your chin moves back? So many sensations, so many movements that we can notice. So many micro movements that we can notice in the Feldenkrais method.

The ones that I'm mentioning here are just the beginning. You can deeper and deeper into your own experience, and into your own noticing with each new session, with each time you repeat a session. All right, the next time you come back to the middle, stop again, and tilt your pelvis in the other direction. That is, where you draw in your belly, and you tilt your pelvis back. Do you feel how this brings your chin even farther from the chest, or not so much? Of course, if your chin is moving, your head is moving, right? That's nice.

Now come back to the middle and just find a way to gently rock back and forth like this. Tilt the pelvis forward, tilt it back, noticing what's happening in the rest of your body. Breathing, relaxing your face, relaxing the tongue in your mouth. Just very slowly pushing the belly forward, bringing it back in, pause in the middle, forward and back. Can you feel the movement throughout your spine? Tilting your head a little bit. That's nice. Please rest. Rest on your back. Straighten your legs if that's comfortable to

do. Take a moment to notice your contact with the floor, and how your contact with the floor is different.

Now this session is called Pelvic Clock. Moshe taught many different variations of this movement in Amherst training, in his San Francisco training, Alexander Yanai, his various workshops. So he considered these movements of the pelvis and what they engender in the rest of your body to be very important. It was called Pelvic Clock because of what I'm about to ask you to do right now, which is to imagine that your pelvis is resting on floor on the face of an imaginary clock. Actually, your pelvis is resting on the floor, so I guess what you're imagining is that it's resting on the face of an imaginary clock.

Imagine the numbers of the clock are arranged normally, right? So the 12 o'clock is where the tip of your tailbone is. So when I had you lift your lower back kind of off the floor and tilt your pelvis down, that is towards 12, and 6 o'clock is up near what's called the sacrum, I believe, so up near the area of the waist.

So when you tilted your pelvis so that the small of the back came towards the floor, that was going up towards six o'clock. Got that? So 12 o'clock in one direction, 6 o'clock in the other. Of course, like a normal clock, so three would be to the right of you in this position, and nine o'clock we be to the left, right? Three o'clock to the right, nine o'clock to the left.

Now what I'd like you to do is just begin to tilt your pelvis diagonally a bit to the right in the direction of what would be right around 1:30. So it's kind of similar to the movement that we did before, this is your pushing your belly forward and you're lifting your lower back off the floor a little bit, but you're rolling out your pelvis a little bit to the right, and then you come back down. Can be kind of a weird movement. So do that again, stop after each one, and you go towards would be approximately 1:30. Kind of in the direction of your right knee and your right foot, and then come back to the middle.

Just notice what that kind of strange movement does to the rest of yourself. Notice where you feel it in your shoulder blades, your head, your hands, and the floor of your feet. Make it easy, make it gentle. Again, you're tilting your pelvis towards what would be about 1:30, then coming back, arching the back a little bit as you do that. Your chin, maybe you notice that's pulled

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down a little bit. You're relaxing, you're breathing, don't try too hard. Good. Now please stop.

Come back to the middle, lower your legs and rest for a moment, just for a moment. Are there subtle or perhaps not so subtle changes with your contact with the floor from just that little movement there? Or not so much? What do you notice in your pelvis in particular, around your lower back? What do you notice in your neck? How about your shoulders? Okay, just a short rest. Now please bring your feet to standing again, have them a comfortable distance apart.

In good Feldenkrais fashion, let's do this to the other side. So tilt your pelvis diagonally to the left to what would be about 10:30.

You could also think of it as tilting your pelvis towards your left knee. So you tilt it, come back. You push your belly forward, rock your pelvis towards 10:30, kind of arching the small of your back, then go back to the middle. You stop, you rest for a moment. Then do it again. Notice is your head doing a similar movement to the movement of your pelvis, or not so much? See if there's any unnecessary effort or strain that you can eliminate.

Moshe would often say that you should try to more or less keep the legs standing, the feet balanced on the floor, the knees more or less tilted towards the ceiling so that you're doing the movement as much as possible with your pelvis. But I have to say, from time to time I do the movements, I do these various movements just however I can. So I'll let my legs move a little bit more, and then there are times when I will as much as possible leave the legs out of it. I feel like it's good to be able to make comparisons between the multiple ways of doing things.

For many of us, for me in particular, this was such a bizarre movement for me, I didn't know what a pelvis was. I had to get a dictionary the first time I did a session similar to this to look up, "What is a pelvis?" So do the best you can to basically have a satisfactory experience for yourself.

Then next time you come back to the middle, pause. Tilt your pelvis to the right again, to the direction of 1:30. Come back to the middle, and then tilt your pelvis to the direction of 10:30. That's nice.

Just go back and forth like this, very slowly, very gentle, gently. Stopping in the middle each time so that each movement really is a separate movement. That is, you're kind of thinking about each movement, or maybe not even thinking, maybe just feeling each movement. So that through your nervous system can find a way to make it easier so that you can relax, breathe. Do you feel that movement of your pelvis pulling through the spine, maybe the chest, the shoulders, your neck and head? Even if it's just a little bit. Please stop.

Please stop and rest. Remember, when I say things like that, when I say, "Can you feel it pulling your chest, or head, or neck?" Don't change the movement to make that happen. You just want to notice what you notice. What's happening automatically? Lower your legs to rest, if you haven't done so already.

Now think back to just a moment ago when you were doing that movement. Did it seem easier to one side or the other? Did it seem dramatically easier from one side to the other? Or perhaps I should say dramatically more difficult? Right? That's totally normal. We use our legs differentially. We put on weight more on one leg as opposed to the other, so sometimes the muscles are tighter or stronger on one side. There's always differences, so your goal is just to notice those differences. Many of them will even out and let go over days and weeks and months of doing Feldenkrais. Some will not, and that's fine too.

Bend your knees again, place your feet standing about shoulder width apart. Please tilt your pelvis forward again, as we did in the beginning of the session. Remember that? So you're pushing your belly forward, arching your back. That's towards 12, and then come back down.

Then do it again, and the next time you have your pelvis forward, stay leaning in that direction. So it's almost like you're leaning your pelvis on 12 o'clock.

From there, start to roll your pelvis to the right in the direction of one o'clock, and then come back to 12. Then do it again, going to one o'clock, and then maybe going to two, then coming back. So you're making like a little arc.

The next time, go from where you are, from 12, to one, to two, to three, so three is kind of to the far right. Then come back along that arc.

Then stop. Let it go completely. Then again, tilt your pelvis forward to 12. Then from 12, go to one, to two, to three, then from three, to two, to one. That's nice. Remember to breathe. Don't get too serious. Relax the tongue in your mouth. Just find, however you can, to go along that little arc. From 12, to one, to two, to three. From three, to two, to one. Doing the movement, but keeping some attention to focus on the rest of yourself. How your chest is moving, your spine, your head. That's nice.

Don't think too hard. Don't try too hard. Stop whenever you want to. Stay more or less with your knees oriented towards the ceiling. That is, do not change the orientation of your legs and feet, so you do the movement with your pelvis as much as possible. Or, that being said, if the movement seems difficult or impossible, you could try to let your legs be kind of loose, and use them to help the movement. Then once you get the movement down, try to do it just with your pelvis.

All right, stop and rest for a moment with your legs bent. Just rest for a moment.

Now this time tilt your pelvis back towards six o'clock. That is, draw in your abdomen, the small of your back comes closer to the floor. Then come back.

Then do it again, but the next time you do it, leave your pelvis down towards **six o'clock, and start to roll your pelvis a little to right, towards five o'clock, and then maybe come back to six. Then go from six to five to four. That's nice. Kind of a little mini arc there. Then come back and go six, five, four, and on up till three.**

When you come to three, pause a moment, and go back the way you came, three, to four, to five, to six. Then stop, and just find a gentle way to go back and forth.

Rest whenever you want to. Stop whenever you want to. Just finding what you can do to make the movement easier, to feel like you're touching each hour, like you're going through each hour. If you can't touch an hour, don't really worry about it, just notice it and think, "Hmm, that's interesting, I can't

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do that." Think, "Is there something that I can do to make it possible to touch each hour? Or maybe it's not possible, maybe I'll come back and do this session at a later time and it will be possible." Easy and difficult, possible, impossible, they're not value judgment. At least they're not value judgements in the Feldenkrais method. They're just observations and sensations. No need to change them.

All right, and please rest. Lower your legs, and notice any differences in sensations you feel on the right side of yourself, as compared to the left side of yourself. If you were to draw an imaginary line right down the center of your body and compared the right side to the left side, what would you notice? Are there differences between, for example, your right shoulder and your left shoulder, and how they're contacting the floor? Are those differences related to the movement that we did, or were they there already? If you were to notice, say, the tension, or the state of your musculature on the right side of your neck and the left side of your neck, what would you notice? Is there a difference there?

Again, is that a difference that somehow came ... If there is a difference, is that a difference that came about from this lesson, or is it something that was already there and maybe you're just noticing. Is it that maybe you're just relaxed from doing this lesson, you're noticing something that was already there that you weren't noticing before? I'm not saying that, because I know the answer, or that there even is an answer, or that even knowing the answer is important. What's important is training our attention to make finer and finer distinctions, differences that can make a difference, that can move us forward in life, that can help us learn about ourselves and our bodies. Or, if they're distinctions that are meaningless, you can let them go as well. Or maybe they seem meaningless, but they come into our awareness at a later time as meaningful.

All right. Please bend your knees again, and bring your feet to standing again. Have your legs a comfortable distance apart. Notice how your left foot is standing on the floor compared to the right. Feel the right side of your body, and the left side of your body.

Again, tilt your pelvis down, push your belly forward as you tilt your pelvis to 12 o'clock position. Stay there at 12 o'clock and roll your pelvis to right again, slowly to one, to two, and then three. Then keep going now to four, five, and six.

At six, pause a moment, feeling the small of your back near the floor, your abdomen draw in. Roll your pelvis back to the other direction. So it's a five, four, three, two, one, and then 12. So you're doing a half circle.

Stop, breathe, rest, and then do it again. Tilt your pelvis down, push your belly forward as your pelvis goes to 12 o'clock, and then go through all the hours on the clock on the right side down to six o'clock, and then back up to 12. Finding how you can make it smoother perhaps, rounder, remembering to breathe. Remembering to do this movement and feel what's going on in the rest of your body and your spine. I bet there is some movements in your head that are happening automatically. You might even notice that your head is doing a similar movement on its own. Similar, not exactly the same, and not you moving the head, but just it happening on its own.

Please stop. Please stop. Lower your legs and rest. Again, notice what differences you feel in the right side of yourself as opposed to the left, the right leg as compared to the left. One side of you making better contact with the floor than before?

Please bend your knees again, place your feet flat on the floor. Please take your pelvis down to the 12 o'clock position, your back is arched a little bit. Now this time, tilt your pelvis to the left slowly towards 11 o'clock, ahh, that's nice, and then come back. Then towards 11 and 10, that's nice. Then come back in that same arc. Now can you do towards 11, 10, nine, then come back, nine 10, 11, and 12?

Just gently go back and forth, finding for you what is the easiest path that you can for that movement. What is your easiest path? If you were to watch 10 people doing this on the floor right now, each one would have all kinds of little and big variations. Every person has their easiest path. What is it for you? Try it so that the movement is happening in the pelvis, and not done by tilting the legs. Then if you want to, to make it easier, try tilting the legs, let them move and help and do whatever they want to do. Then go back to having it happen just in the pelvis. That's nice, and then let that go.

Stop for just a moment.

Again, tilt your pelvis back towards six o'clock. Draw in your abdomen, the small of your back comes closer to the floor. From here, from six o'clock, start to roll your pelvis a little to the left. Go from six, say, to seven, and then come back to six. Then go six, seven, eight. That's nice. Then come back. Then do that entire arc, six, seven, eight, nine. Nine, eight, seven, six. Then stop for a moment and then come back. For a moment there, I started to remember those of you who live in the US, Sesame Street. Do you remember that? Six, seven, eight, nine, okay.

All right.

Then at some point, when your ready, do the entire half circle. Go down to six, then up to six, seven, eight, nine, ten, 11, oh, that's nice, all the way up to 12, and then come back down.

Take your time. Find a way to make it smooth, easy, stop whenever you want. It relaxes me just thinking about you doing it on the floor. Just those muscles moving in these unique ways. That's nice.

Then when you're ready, please stop again. Please rest. Lower your legs and rest.

Please bend your knees, place your feet standing about shoulder width apart, a comfortable amount.

Can you guess what we're gonna do next?

We're gonna make a complete circle.

So tilt your pelvis forward towards 12, gently arching your back, bringing your belly forward. From 12 go to the right again, slowly to one, to two, to three, and then keep going to four, to five, to six, and go to the other side, seven, eight, nine. That's nice. Until you make it all the way to 12, and keep going in that clockwise direction. Completing the circle.

If it seems difficult, or you feel you're struggling a bit, see what you can do to make it easier. Could you make the circle smaller? Could you you make it, I don't know, the size of a quarter or something? Maybe you stopped breathing, and you didn't remember to breathe? That happens to us

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sometimes. Maybe you would like to try to involve your legs as you do it, so push off a little bit more with the legs. Let your legs kind of flop around a little bit, just to get the clockwise movement. Then once you have it, see if you can do it with just the pelvis.

Whatever you do, make the movement small enough and slow enough so that you're able to feel and know exactly where you are at any time during the movement. Or, if that doesn't seem to be working, maybe make it a little bit faster. Maybe making it faster once or twice will make it easier to feel, or not so much. Where is the pressure on the back of the pelvis as you're going around and around? What's going on in your head and neck? What's going on in your shoulders? You may be able to feel a similar movement happening automatically in your head. That's nice.

Now please reverse the direction, and go in a counter clockwise direction.

You're going in the opposite way. If your pelvis was down towards 12, you'd go 12, 11, 10, nine, eight, seven, six, five, four, three, two, one. That's nice. Go slowly at first, it may feel different in this direction, or not. Just feel what you feel without the need to, or the desire to change anything. Just feel the movement. Say, "Ooh, okay, I'm going in this different direction, what's it like?"

It makes sense that it would feel different in one direction as opposed to the other, right? We have, the muscles are activated differentially through our right leg and pelvis, versus our left leg. One leg you may habitually stand on your left leg, you may habitually stand on your right leg, so as you initiate the movement from side to side it might be a little bit different. Probably is a little bit different. Your job is just to notice those differences.

If they do even out on their own over time, that's great. Sometimes it just happens automatically. Sometimes you go and do another Feldenkrais session and come back and do this one, and boom, you notice there are some big changes. Then go back to doing it clockwise again, if you're feeling fresh. Or if you're not feeling tired. If you're feeling tired just rest for a moment. **Then go back to doing it clockwise.**

Now as you're going in a clockwise direction, can you make the movement a little bit faster, but just as smooth, just as easy?

Perhaps try making the circle smaller to make it easier and faster. Then maybe once you have it going easier and faster and smaller, make it a little bigger. These are just suggestions. That's nice.

Then stop for just a moment.

And now slowly go around in the counter clockwise direction again.

Find the ease and comfort and smoothness in this direction. Then once you find that, can you begin to make it a little bit smaller and a little bit faster? When you're ready, if you're ready, make it a little bit bigger and a little bit faster. Then smaller.

Then stop please and go again in a clockwise direction. Tilt your pelvis up to 12 and go in a clockwise direction.

Then go counter clockwise. Just finish out. We only have a couple of minutes here, so just finish out the session by making the smoothest and easiest and gentlest movements that you can make in whatever direction that you want to go. You notice that I'm saying go clockwise and counter clockwise, and bigger and faster, and that's just to build in flexibility, to build in reversibility. Moshe had this idea, what he called maturity and potent action, was a person that could stop an act at any time and reverse it, and then start it again. If you look, you will find this idea of reversibility all throughout his work.

All right. Then please stop. Please stop.

Maybe once or twice, just return to that original movement we did at the beginning of the session, where you simply tilt your pelvis forward, and then back. Is it easy now, simpler? Can you feel more of your body moving along? Can you feel more of your spine and your head?

Please lower your legs and stop and rest.

Noticing your contact with the floor, and contact with yourself. I have found over the years that this is a good session to repeat from time to time. Over the days and weeks and months and years that you do Feldenkrais, you will find that these movements get easier and more suppler as you kind of tune

Pelvic Clock (Lying)

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up and oil all the parts of your nervous system and body and beyond, speaking metaphorically of course. And, enjoy.