



## Spinal Rotation

1. Before you begin, lie down on your back with your legs out straight. Notice how your body feels on the floor: how do your heels rest, do your thighs contact the ground, where is the weight at your pelvis, does your back touch the floor, are your shoulders and blades balanced, is your head tilted back? We will return to this position often to monitor change.
2. Now bend your knees as shown in the pic above. Cross your left leg over your right, so the back of your knee rests on your thigh. Take a breath in, and on the out breath move your knees to the left. Move yourself gently without tension and return to start. Find the motion of ease. Complete 5-8 times and switch sides. Once complete, bring the legs out and reassess #1.
3. Repeat #2 and as you move your knees to the side this time, let your head rotate to the same side. Keep your head in line with the movement of your legs. Find the ease of motion.
4. Legs out straight and reassess.
5. Give yourself a hug. Take your right arm and reach across your chest to rest your hand on your left shoulder blade, then reach your left arm across. Take a breath in, and gently rock your elbows to the right on your exhale as you easily move into right rotation. Allow your neck to follow the movement, then return to start. Repeat 4 times, then rotate to the left 4 times. Switch positions of arms so now the right arm is on top. Repeat the process again.
6. Repeat #2. This time as your knees go to the side, rotate your head opposite direction. Find the ease in the motion.
7. Repeat #2. Notice that you may be able to move much easier now.
8. Legs out straight and reassess the change of contact with yourself on the floor.