

Notes :

1 Roll down



Starting position:

Natural standing position. Centre engaged.

Action:

Inhale to prepare.

Exhale, lengthen the back of the neck and curl the head and neck forwards.

Continue to curl the body forwards, one bone at a time. Wheel the pelvis forwards and continue to roll the body downwards as far as comfortable. Allow the head and arms to relax forwards with gravity and keep the knees soft.

Inhale and hold the roll down position.

Exhale, draw the tailbone downwards and wheel the pelvis upwards. Continue to roll the spine upwards one bone at a time. Lengthen the upper body upwards and widen the collarbones to return to the starting position.

Watch points:

Do not drop the chin onto the chest. Keep an open space between the chin and the chest.

Keep the knees soft.

Maintain neutral foot posture.



2 One leg stretch level 1



Starting position:

Natural standing position. Hands on waist. Centre engaged.

Action:

Inhale to prepare.

Exhale, peel the right heel off the floor and roll onto the ball of the foot.

Inhale, slowly lower the heel to the floor.

Repeat up to ten times, alternating feet.



3 Hundreds level 1



Starting position:

Standing squat position. Arms extended in alignment with the body, palms facing backwards. Head and neck lengthened in line with the body. Centre engaged.

Action:

Inhale to prepare.

Exhale, for five counts as you beat your arms forwards and backwards in a small, sharp movement five times.

Inhale, for five counts as you beat your arms forwards and backwards in a small, sharp movement five times.

Repeat up to ten times to reach 100 beats.



4 Double leg stretch level 2



Starting position:

Natural standing position. Arms lifted to shoulder height, shoulder width apart, palms facing inwards. Centre engaged.

Level 2 (adds CKC legs):

Inhale, and reach arms overhead, in line with ears.

At the same time, extend the upper spine and peel the right heel off the floor.

Exhale, as you circle your arms outwards and downwards. At the same time, lower the heel and lengthen the upper spine back into the starting position.

Repeat up to ten times alternating legs.

5 The saw



Start position:

Stand with your feet wider than hip distance apart.

Neutral lumbo-pelvic alignment. Centre engaged. Arms lifted to the sides at shoulder height and just within the periphery. Centre engaged.

Action:

Inhale and rotate your trunk to the right, keeping your pelvis stable. Allow your arms and head to follow your spinal movement.

Exhale as you articulate the spine forwards from the crown of the head to the tailbone. At the same time reach your left arm to the outer border of your right foot and your right arm behind (palm facing upwards).

Inhale as you segmentally extend the spine to vertical, maintaining the spinal rotation.

Exhale as you rotate your trunk to the midline, reaching your arms to the sides again.

Repeat up to ten times alternating sides.

6 Thread the needle level 1



Starting position:

Standing squat position. Trunk inclined forwards 45 degrees from the hips, spine lengthened from the tailbone to the crown of the head. Hands on front of thighs. Centre engaged.

Action:

Breathe in and flex the spine.

Breathe out, extend the spine and then thread your right arm across your body and place it on the outer aspect of the left thigh, palm facing upwards. At the same time, rotate your spine, head and neck to the left. Apply an over pressure through the right and left arms against the outer aspect of the left thigh.

Breathe in and flex and rotate the spine to the midline.

Breathe out, extend and rotate thread the needle to the opposite side.

Repeat up to ten times alternating sides.

7 Arm openings level 2



Start position:

Natural standing position. Lift your arms forwards to shoulder height, shoulder width apart, palms facing inwards.

Action for Level 2 (adds more complex arm circle):

Inhale, rotate the thoracic spine, head and neck to the right, keeping the pelvis still. Simultaneously, circle your right arm upwards and outwards.

Exhale, rotate the thoracic spine, head and neck to the midline, keeping the pelvis still. Continue to circle the right arm until it resumes the starting position.

Repeat up to ten times alternating sides and then reverse the direction of the circles.

8 Clam level 1



Starting position:

Natural standing position. Body weight partially transferred onto left leg. Keeping the ball of the right foot on the floor. Hands on waist. Neutral lumbo-pelvic alignment. Centre engaged.

Action:

Inhale, tilt the left side of the pelvis downwards.

Exhale, tilt the left side of the pelvis upwards to resume the starting position.

Repeat up to ten times alternating sides.

9 One leg stretch level 2



Starting position:

Natural standing position. Hands on waist. Centre engaged.

Action:

Inhale to prepare.

Exhale, peel the right heel off the floor and then continue to lift this foot off the floor. Flex the hip and knee to 90°.

Inhale, lower the leg to the floor.

Repeat up to ten times alternating legs.