

# 1 Classic Flexion (knees to chest, pressing back into floor)

Scan	Lie on the back with the arms alongside your torso, legs comfortably apart. Close your eyes. Bring your attention to the back of the head.	Notice what part of the back of your head is on the floor. Is it at the halfway point? Is it a little to the right or a little to the left? Imagine what you look like on the floor.
	Bring your attention to your chest.	Do your ribs press into the floor? Are they heavy or light? Does one side press more than the other?
	Direct your attention to the pelvis.	How is it resting on the floor? Is there more space on one side than the other?
	Notice your knees.	Are they touching the floor? Is one turned out more than the other?
	Now bring your attention to your feet.	Are the backs of your heels on the floor? Are your feet straight up or to the side? Which one seems turned out more?
	Consider the two sides of the body.	Does the left side cover as much of the floor as the right? Is one side heavier than the other? Does one side seem longer than the other?
	Notice your breathing.	Don't change it. Just notice what happens. Which parts move when you breathe? The ribs? The stomach?
	Sense your five cardinal lines: the two arms, two legs, and the trunk.	Visualize the lines on the floor. What angles do they make on the floor?
	Lift the head a little.	Only a little. Put it back slowly. Does it feel heavy or light?
	Lift the head again.	Now notice which parts of the body changes as the head is lifted. Do this a few times.
R. hand behind head	Bring the feet to standing with the knees forward relative to your self. Put the right hand under the head. Lift the head with the right hand and look toward the left knee.	Do this a few times. Does the head feel any different in this configuration? Lighter or heavier?

R. hand behind head, L. hand on left knee	Put your left hand below the left knee, on the calf, with the thumb and all the fingers together. Again raise the head and look toward the knee as you bring the knee in the direction of the elbow.	Make this movement easy and soft. Try to avoid straining. Lift the head slowly, so slowly you can notice which parts of the back press into the floor more clearly. Meeting the knee with the forehead or elbow is not important. It is important to sense what happens as you go in this direction. What happens with your breathing? As you lift the head, does air go in or out?
	Start exhaling as you lift the head and the knee. When you go down, let air come into your lungs.	Do that a few times softly and easily. Notice that the air goes out the moment you are organized to bring the elbow to the knee. Do as much as you can within the limit of comfort. If you feel a strain, stop and rest. Bring your arms along side and lengthen your legs.
	Leave it alone. Rest.	When you rest, notice if you feel any change in the relationship of your ribs to the floor and to your back. Remember the five cardinal lines and imagine what they look like now.
L. hand at head, R. hand on right knee	Bring feet to standing. Put your left hand behind your head and your right hand below the right knee on the calf, keeping the thumb and fingers together. Bring the left elbow in the direction of the right knee.	Use soft movements. Again, it is not important to reach the knee. Notice what happens to the pressure of your back on the floor. Repeat many times. If you're straining, do less. Are you holding your breath?
	Leave it alone. Slowly stretch out the arms and the legs. Rest.	
R. hand at head, L. hand on right knee	Bring your feet to standing, knees oriented forward. Put the right hand behind the head. This time, grasp the front of the right calf just below the knee with the LEFT hand. Exhale as you bring your right elbow and right knee toward one another.	What presses into the floor now? Sense what happens in your neck, your ribs, and your lower back. Notice how only part of your back makes a clear impression on the floor as you move. Which part is it? If you aren't sure, imagine where it might be.
	Rest.	

L. hand at head, R. hand on left knee	Bring feet to standing. Put your left hand behind your head and your right hand in below the left knee.	As you let the air out, take the knee and elbow toward each other. Let the ribs be clear on the floor. Notice how the middle of the back pushes against the floor as you bend, and relaxes as you lower your self.
	Rest.	Notice how the shoulders lie on the floor, and bring your attention to the small of the back.
Both hands, Both knees	Bring feet to standing. Interlace the fingers, put them behind your head. Lift the feet off the floor and look toward the knees.	Go softly, try not to press too hard into the floor. Let the air out slowly as you look toward the knees. Open the knees if it is a strain to keep them there. If you're holding your breath, you're probably trying too hard. Feel at each raising of the head that the small of the back presses into the floor. When you come back, it relaxes. Vary the movement: try it with open elbows, closed elbows, open and closed knees.
	Rest in that position.	
Both hands, Both knees	This time, make a very small movement as you raise the knees and the head. Press the back into the floor. In fact, make such a small movement that you simply enervate those back muscles that you've been using; that is, prepare to do the movement but stop before you do it, and raise the head (hands still behind) a small bit as you prepare the back. Let the breath out of the lungs. The stomach muscles tighten which will help pull the knees and elbows together. In increments, every time you breathe out, pull the elbows and knees closer together.	What are the vertebrae in the neck doing? What is the back doing? Every time you breathe out, become a little smaller in front.
	Stretch out the arms, the legs. Rest.	
L. hand at head, R. hand behind both knees	Bring the feet to standing. Put the left hand behind the head. Put the right hand behind both knees against the back of the thighs, with the thumb and fingers together. Look to the right as you bring the elbow toward the knees. Almost move your torso in a diagonal toward the right side of the right leg.	Which parts of the back press into the floor in that position? What happens to the right side of the ribcage. Remember not to hold the breath. The important thing in these lessons is the organization of the movement, not reaching what appears to be the goal of the movement.
	Rest.	Do you feel a pull on your neck? Do less next time. Sense more, move less.

L. hand at head, R. hand <i>behind</i> both knees	Bend the knees again. Again put the left hand behind the head and the right behind the knees, against the back of the thighs. Direct the elbow straight to the knees.	Do this a few times. Does it affect a different part of the ribcage?
	Rest.	
R. hand at head, L. hand <i>behind</i> both knees	Bring feet to standing. Put the right hand behind the head and the left hand behind the knees against the back of the thighs. Take the elbow toward the left this time.	Do this softly and gently. Let the air out as you start to rise from the floor.
	Rest.	
R. hand at head, L. hand behind left knee	Bend knees. Put the right hand behind the head and the left hand behind the left knee, keeping thumb and fingers together. Move the elbow toward the knee.	Now which ribs press into the floor? Where do you feel the most pressure? Right side? Left side? Middle?
	Rest.	Scan your contact with the floor. Notice the five lines. How much of your back covers the floor? More or less than before? What about the way the feet and legs turn?
Both hands behind head	Bend the knees. Interlace the fingers, put them behind the head. Bring the knees toward the elbows and the elbows toward the knees.	Feel the chest softening in front. Sense the chest, ribs, and stomach folding. When you come back to the floor and breathe in, notice how the chest widens. Notice what your neck is doing. Soften the neck, or do less to avoid strain.
	Rest.	
On back, knees bent	Bend knees. Think about lifting the head. Think about how you lie on the floor: the back of the head, the neck, the spine, the shoulders, along the back to the tailbone. Simply let the air out and press parts of your back into the floor that you might use to lift your head. Think of raising the head to look in between your knees. After you've thought it through three times, actually let the air out, press the back to the floor, lift the head, and look between the knees. Do this in sequence.	Are you holding your breath while thinking? Can you exhale while thinking it?
	Rest.	
	With your legs long, lift the head once or twice.	Do you feel the stomach muscles and the back muscles? Is it lighter or heavier than the beginning?

Sitting	<p>Come to sit with your legs comfortably out in front of you (or cross-legged). Put your hands on your legs. Bring the head to the chest. Then come back to center and bring your head to look at the ceiling.</p> <p>Put the back of the right hand on your back. As you bring the head to the chest this time, start by rounding the part of your back that pressed into the floor. As you look up, make this part hollow.</p> <p>First look down with the eyes. Then round the back, then bring the head down. As you start looking up, hollow the back, then move the head. The big muscles do the work this way, and the neck muscles give it direction.</p>	
	Lie on your back and rest.	<p>Notice how you lie on the floor. Follow in your mind the five lines on the floor. Follow the spine, the pelvis, the neck, head, shoulders, between the ribs, the head. Sense the fingers to the shoulders and the hip joints to the heels. Notice the way you breathe. Sense the air coming in and out of the back of your throat.</p>
If your eyes are closed, slowly open them, get up, and walk around.		