

## Relaxing exercise Number One

Stand with the feet parallel and at shoulder width.

Relax the ankles, knees and sit the hips to load the posture. Arms are by the sides, the elbows are bent and the wrists seated next to the thighs. **Figure 1**



**Figure 1**

Push into the ground and feel an increase of pressure under both feet. Feel the body rise as the legs straighten in response to the pushing with the feet. Have an opening intention in the upper body.

Allow the arms to open outwards to each side to 2/3-body height. **Figure 2**

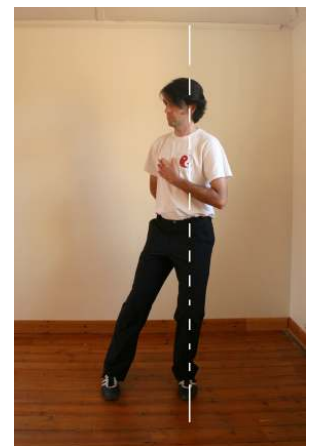
Take the attention to the left foot; imagine a spiral in the left leg. Allow the body to follow the spiral. Relax the left ankle and the knee and sit both hips whilst simultaneously turning the waist towards the right; this has the effect of spiralling the weight into the left leg, you will feel an increase of grounding under the left foot. Make sure that the left knee is in line with left toes – not over toes or collapsed in. **Figure 3**



**Figure 2**

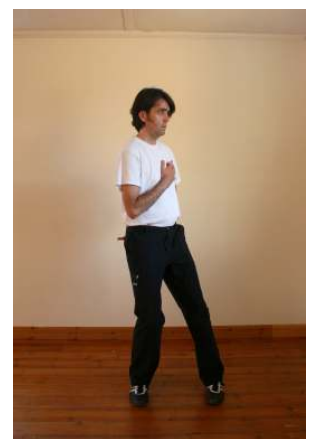
As the body turns; the shoulders, elbows, wrists and hands relax so that the arms fall by the sides. This is co-ordinated with the spiralling/waist turning. The chest then relaxes and the left hand rises to the centre of the chest and the right hand to the small of the back. **Figure 3**

Take the awareness to the left foot; increase the pressure of the left foot into the ground. Allow the arms to fall and for the spiral to unwind upwards – so that the body rises and simultaneously returns to face front. As you do this the arms drop and then rise to 2/3 body height. You are now facing forwards with the weight distributed equally on both feet. **Figure 2**



**Figure 3**

Repeat the spiral into the right leg (**Figure 4**) and alternate the movements from left to right etc.



**Figure 4**