

Dynamic Movement control

RHYTHMICAL SQUAT

- Stand with your feet hip width apart, outer blades aligned and your knees soft.
- Inhale and raise your arms to the front and above your head.
- Exhale and allow your body to compress taking your tailbone to the floor using the hinges of ankle, knee and hip evenly.
- Drop down as far as your body will allow while keeping your feet flat on the floor, letting your arms drop forward and down at the same time, hands skimming the surface of the ground as you reach the bottom of the squat.
- Let your arms follow the natural arc and elastically the body will want to come back up again - allow it.
- During the upward phase, coordinate the arms to move in time with your body as you now straighten via the same hinges and push evenly through your feet to finish the cycle with arms above your head.
- As the name suggests, the squat is a rhythmical flowing movement. Feel the legs acting like springs.

Benefits

- Awakens the whole body.
- Teaches quality alignment through spine, ankle, knee and hip.
- Links deep breathing with movement.
- Strengthens the legs.
- Relieves stress and tension.

Beginners Advice

- The key is to relax throughout the movement.
- Your body- mind won't let go if you are tense.
- Remember to match your breathing with the movement.
- Breathe in as you come up; breathe out as you lower down.

Challenge

- Repeat questioning the quality of the movement and aiming to improve it on each repetition.

Adjustments / What to look for

- You can choose to let your spine round out as you reach the bottom, or you can choose to keep your spine long and neutral throughout the movement.
- In keeping a neutral spine you will notice that you may not descend as far as you can with a rounded/ flexed spine.
- As you warm to the exercise, your body will allow you to relax more and more, creating a more integrated experience.

