

Dynamic Movement control

TRUNK ROTATION

- Stand with your feet comfortably apart and explore the ground with the soles of your feet. Find a stable base.
- Soften your knees, lengthen your spine relax your shoulders and arms.
- Take awareness to your 'centre' just below your belly button.
- Initiate movement from this point slowly at first, allow your pelvis, shoulders and spine to rotate and create movement for your arms.
- Push into the ground and gradually increase torsion allowing your hands to slap your body and letting your head follow the leading hand.
- Follow your instinct - maintain long spine and firm contact with the ground. Breathe into the motion and when you are ready gradually decrease intensity until you come to a stop.
- With eyes closed notice the feeling in your body, check your feet, revisit long spine, and breathe into the new feeling.

Benefits

- Improves posture.
- Mobilizes spine.
- Relieves lower back tightness.
- Relieves neck tightness.
- Calms the mind.

Beginners Advice

- Allow arms to be like ribbons.



Challenge

- Allow slapping hands to massage body.
- Increasing the forces through the feet will intensify the rotational forces.
- Feel full freedom of each vertebrae.

Adjustments / What to look for

- Alternative position - hinged at hips.
- Set up as per 1 above bend forward at your hips until your trunk is parallel to the ground and your arms are hanging freely.
- Make sure your spine is long avoiding undue flexion.
- Follow step 2 above. Hands will not contact your body in this posture, allow your head to follow your hands - looking up at the apex of each rotation.
- Finish as per 4 and 5 above.
- Having a partner to provide feedback on spinal aspect is especially valuable in the hinged posture.

