

## Relaxing exercise Number Two

Remember that for this exercise your aim is to move only in a space that is about 1 inch. Also, make sure that the movement up and down is smooth and continuous and not jerking with each count.

Stand with the outside edges of the feet parallel and at shoulder width with the weight equally on both feet. Relax ankles, knees and sit in the hips to 'load' the posture. **Figure 1**



**Figure 1**

Increase pressure of the feet on the ground. Have an opening intention in the upper body. As the body rises, allow the arms to open to either side of the body to 2/3 of body height. **Figure 2**



**Figure 2**

On the internal command to "down", the mind awareness flows from the crown of the head to the hips. Have a closing intention in the upper body and allow the shoulders, elbows and wrists to relax so that the arms fall completely down. As the upper body continues to relax the forearms rise so that they cross in front of the body. **Figure 3**

On the count of "two", relax ankles, knees and hips so that the body starts to move down. At the same time, the arms fall down to the sides and open outwards to either side of the body by relaxing in the upper body. **Figure 4**



**Figure 3**

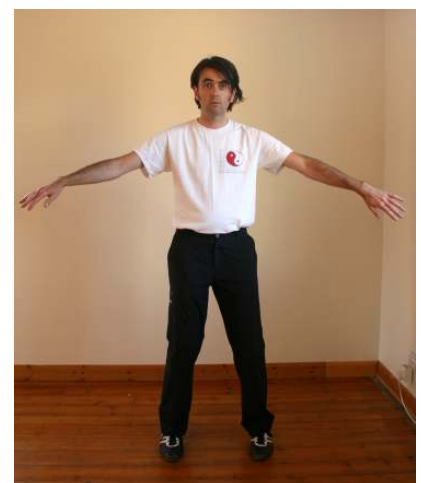
On the count of "three", again relax ankles, knees and hips so that the body continues to move down. At the same time, the arms fall down to the sides and as the upper body continues to relax the forearms rise so that they cross in front of the body. **Figure 5**

On the count of "four", again relax ankles, knees and hips so that the body continues to move down. At the same time, the arms fall down to the sides and open outwards to either side of the body by relaxing in the upper body.

The body is now in the full downward position; the knees are no further than the end of the toes. **Figure 6**

On the internal command "up", the mind awareness flows from the ground up to the head. Have a closing intention in the upper body and allow the shoulders, elbows and wrists to relax so that the arms fall completely down. As the upper body continues to relax the forearms rise so that they cross in front of the body. **Figure 7**

Continue with "two", "three" and "four", this time with an upward movement. Then repeat down etc. **Figure 8, 9 and 10 show upward movement with indication of distance moved with each count shown with white lines**



**Figure 4**



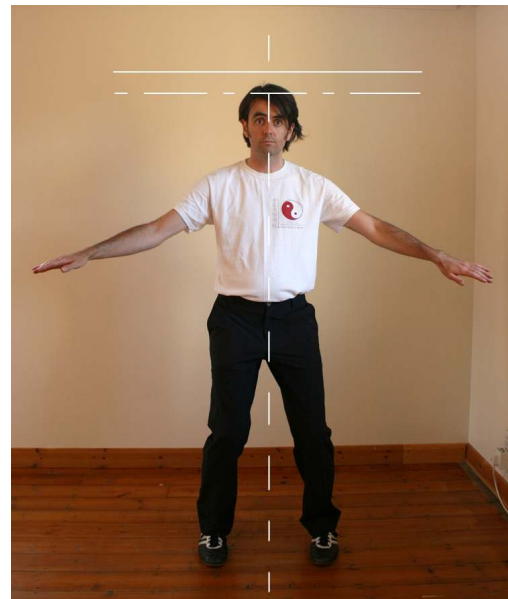
**Figure 5**



**Figure 6**



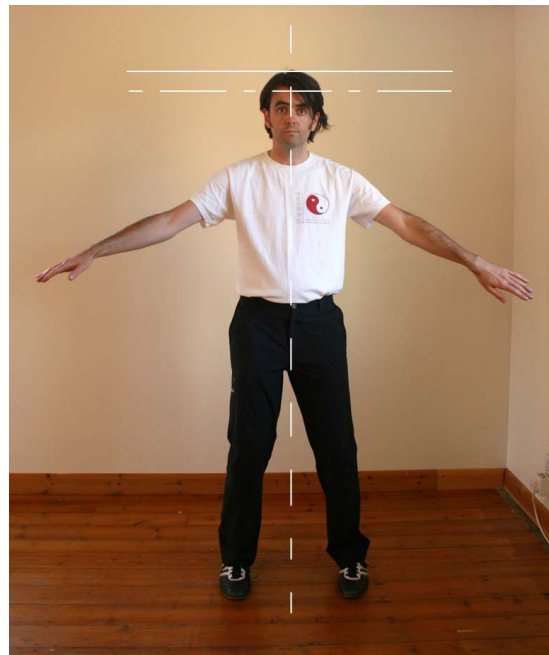
**Figure 7**



**Figure 8**



**Figure 9**



**Figure 10**