

### Relaxing exercise Number Three

Stand with the feet shoulder width apart, with the outside edges of the feet parallel to one another. Sit down in the posture by relaxing feet, ankles, and knees and sit the hips; ensure that the body is upright. There is no upward or downward movement in this exercise and the gaze remains to the front. **Figure 1**



**Figure 1**

Take the attention to the left foot and imagine a spiral going down into the ground. Allow the left hip to follow the spiral by drawing the hip in and down. The knees remain in the same position, so that the muscles joined to the hip and inside of the knee are stretched. As soon as the hip moves the right arm starts to rise until in line with your body's and 2/3 body height. When the hip movement stops so does the arm movement. At the same time there is a sitting of the left wrist. **Figure 2**



**Figure 2**

Relax to square up to the front; right shoulder, elbow and wrist relax but the arm stays in position. The left palm is turn to face behind. **Figure 3**

Repeat the process with a right spiral and a raising of the left hand etc. **Figure 4 and 5**



**Figure 3**



**Figure 4**



**Figure 5**