

Relaxing exercise Number Five

Stand with feet parallel and shoulder width apart. Start to turn the hips to the right in order to turn the left foot in about 1 inch. Spiral the weight into the left leg, turn the hips and turn out the right foot. You now have the weight on the back (left) leg and your hips are square to the right. **Figure 1**

Relax ankles, knees and both hips while moving forward and down. The awareness flows from the crown of the head down and under both feet. **Figure 2** When the weight is evenly distributed over both feet, have a small push into the ground with the back (left) foot and allow the body to rise up slightly. **Figure 3** The awareness flows up to the crown.

Both hips relax back straight and parallel to the ground until all weight is in the back leg. The awareness flows from the crown under the back (left) foot. Repeat another four times.

On the fifth repetition, move all the weight back until the right toes lift. **Figure 4** Keep your grounding in the left leg whilst drawing in the toe to where the heel was **Figure 5** and pushing through the heel and repeat the heel toe sequence four more times.

With the right heel on the ground and the right toes up, turn the hips and right foot in until it is turned in about 1 inch, to mirror the left foot – you are now facing front and are pigeon-toed.

Spiral into the right leg, turning the hips and left foot until the hips are square to the left and all the weight is in the right leg. Practice exercise on right leg and alternate.



Figure 1



Figure 2

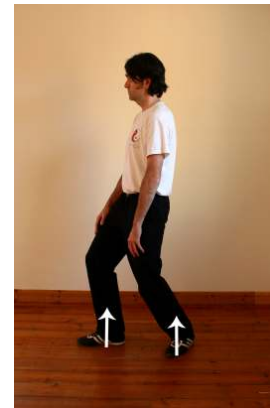


Figure 3



Figure 4



Figure 5