

**1. Body Scan**

- Lie flat on the floor with legs outstretched if that's comfortable.
- Pillow under the head if you need it (should feel like forehead is a little higher than the chin).
- Take a deep breath in and as you breathe out let the body drop into the floor. Repeat three times. Relax
- Notice how the weight of the body falls through the body. Do you feel off centre – to the right or left? Hiked up on one side?
- Notice the head, shoulders (left and right), mid back, low back, buttocks (left and right), legs and arms (check difference in sensations)
- Where do you feel your breath more – Upper Chest, Shoulders, Diaphragm, Belly, Sides of Rib Cage, Back of Rib Cage, Lower Back.
- Do you feel comfortable, uncomfortable, what can you sense clearly, *what can't you sense clearly?*

**2. Hip Circles** (to help with hip mobility)

***Position***

- Lie on your back with both legs bent
- Draw one knee up and position it in the centre of the hip joint. Hold the back of the knee
- Relax your neck and shoulders

**Moving in a Diamond (3 in each direction)**

- Bring your knee towards your chest. Back released to to ground.
- Bring knee out to the side. Outside hip moves towards the ground.
- Move your knee away from you. Lower back arches
- Bring your knee toward the groin. Inner groin & thigh releases.

**Turn the diamonds into small circles (3 in each direction)**

- If you notice glitches or jumps - slow it down and make the circles as smooth as you can.

*Repeat the above on the other leg.*

### 3. Psoas Release

#### ***Position***

- Lie on the back
- Bend your left knee and have your right leg straight.
- Externally rotate your right leg

#### **Movement: Repeat 5 times**

- Inhale and arch your back, exhale and flatten the back, engage your core (do not use your back muscles or glute to do this exercise)
- Imagine your leg starts at your navel
- Lift your leg and feel you are picking up the leg by sucking it into the hip joint. This is the action of the psoas contracting
- Sense the connection of your leg into the centre of your body.
- Keep your back flat as you release it slowly down. As you release feel that you are lengthening the leg from the bottom of your ribs.

#### **Movement Notes**

- Start by lifting about 6 inches.
- As you progress only lift as high as the opposite bent knee.
- To give you a sense of the psoas muscle, bring your fingers to your hip bone and then about an inch towards the midline.
- Make sure you keep the leg externally rotated.
- Relax completely after each movement.
- When you have completed one side, straighten both legs and sense if worked leg feels looser.

*Repeat the above on the other leg.*

## 4. Hamstring Release

### Movement

- Lie on your back with your left leg bent and your right leg straight up in the air.
- With both hands take hold of the lower thigh, just above back of the knee.
- Relax your grip
- If necessary have a folded towel under the head to keep the chin pointed down

### Movement - 5 per leg

- Inhale and arch your back
- Press your leg into your hands, feel how this engages the hamstring muscle.
- Exhale and flatten your back, completely relax the hamstring, and draw the leg towards your torso as far as is comfortable.
- Completely relax.

### Movement Notes

- As you draw the leg towards you, notice how the hamstring lengthens without stretching,
- Notice the connection between your lumbar and your hamstrings

*Repeat the above on the other leg.*

## 4. Body Scan

Repeat the Body scan as above

