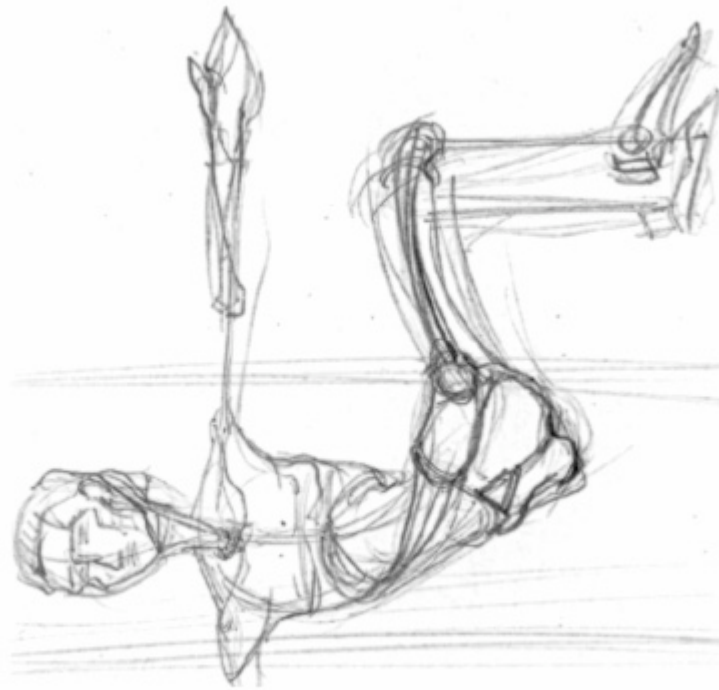


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## Alignment

### Wall:

- Stand away from the wall approx. 3/4 the length of your foot.
- Scrum, scapulae and largest circumference of the back of your head also against the wall.
- Ear trick



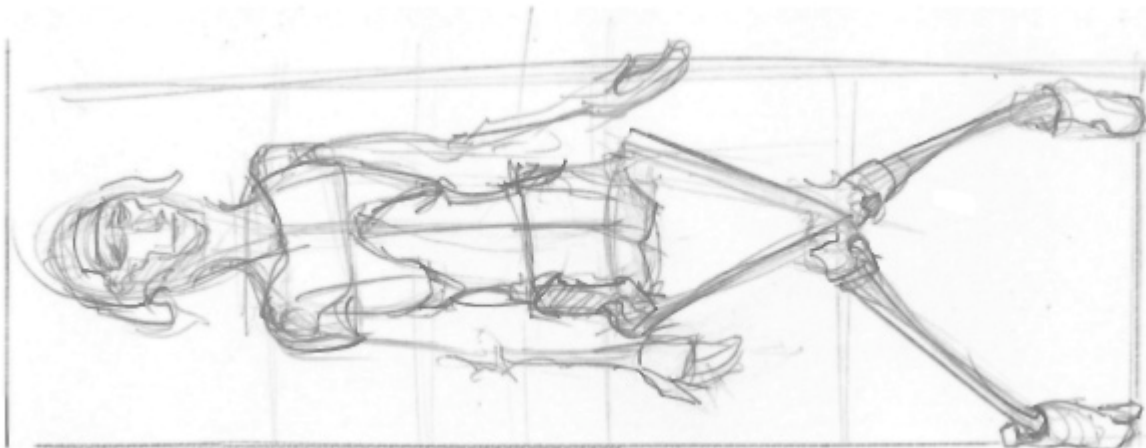
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## **Alignment, continued**

### **Center Floor:**

- Lie on your back with bent knees. Feet are wider than pelvis, knees drop in.
- Palms up, shoulder girdle down.
- Use ear trick to pull head out of neck, rib cage pulls down.



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## **Alignment, continued**

### **Sitting:**

- **Bring forward the instructions from the wall and center floor.**
- **Sit bones and tailbone descending.**
- **Ribs pull back against spine, feel as though the rib cage is against the floor.**
- **Ear trick, legs crossed or lotus position.**



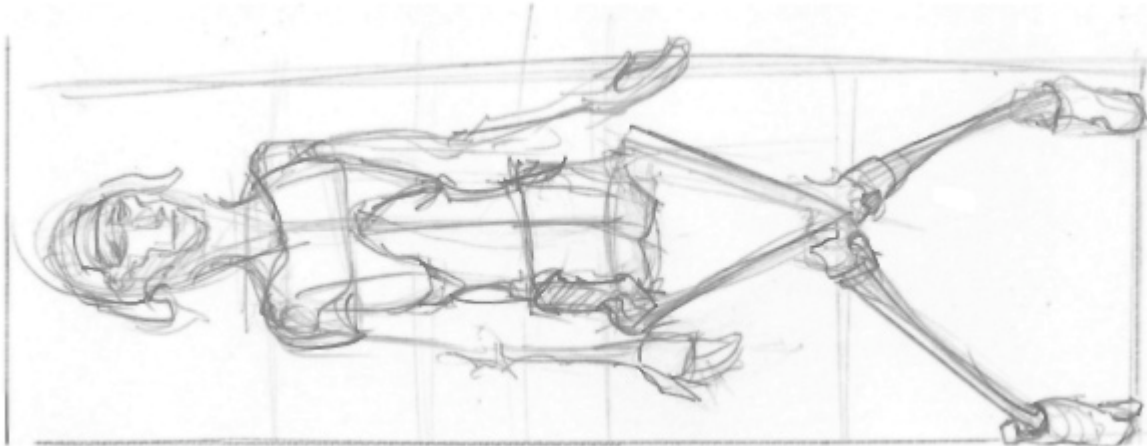
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## **Floor Work**

### **Head, Neck, Arm and Scapula, Knees, Feet:**

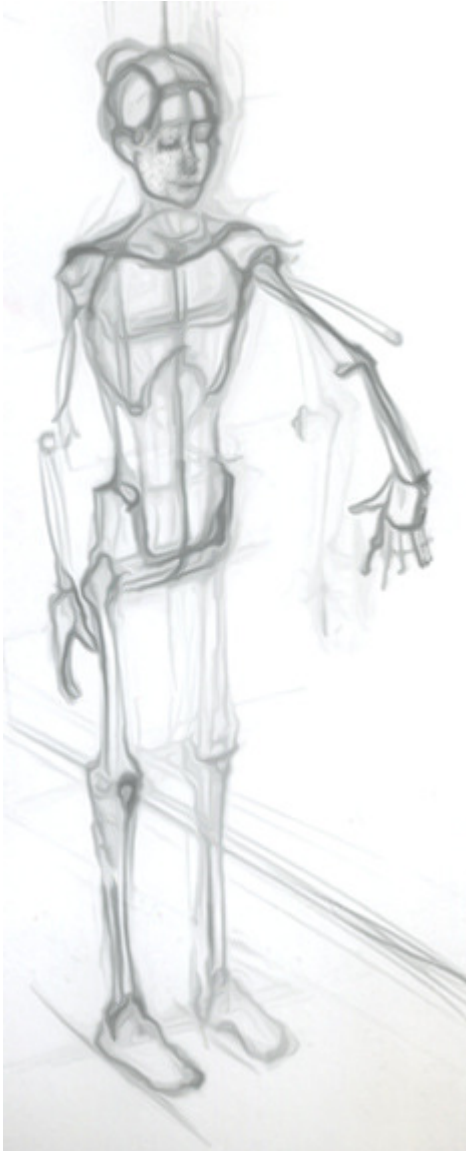
- Lying down on floor with feet wider than the pelvis, thighs drop in.
- Shoulders are not lifted: triangle of the shoulder has to be descending all the time whether standing, sitting or lying down.



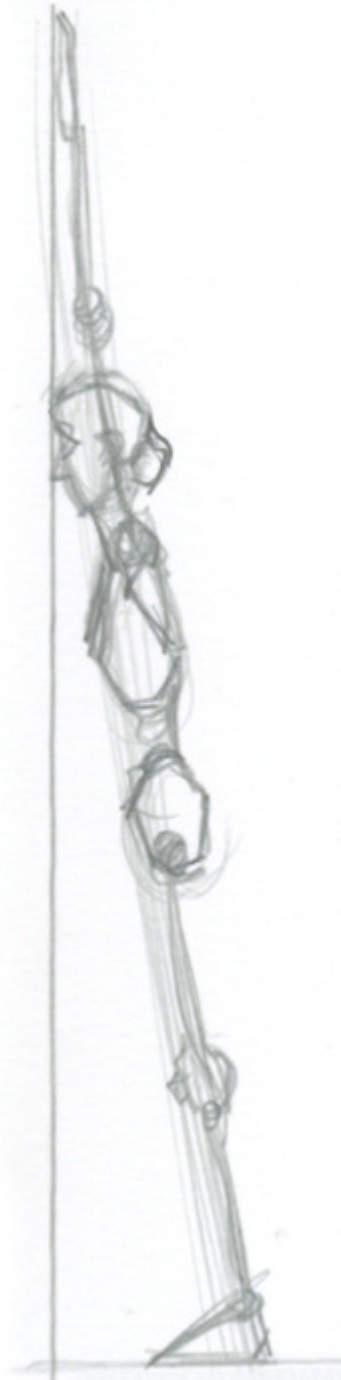
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**Wall Work**



**Side parallel to wall,  
hand placed**



**Facing the wall,  
body & head straight line**

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## **Wall Work, continued**

### **Flat back:**



### **Sitting:**

- **Skull, scapulae and sacrum against the wall**

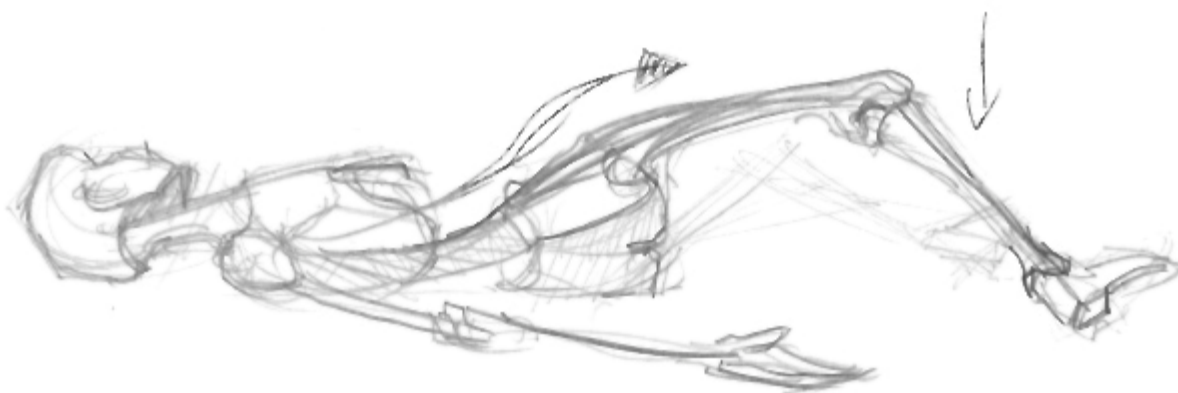
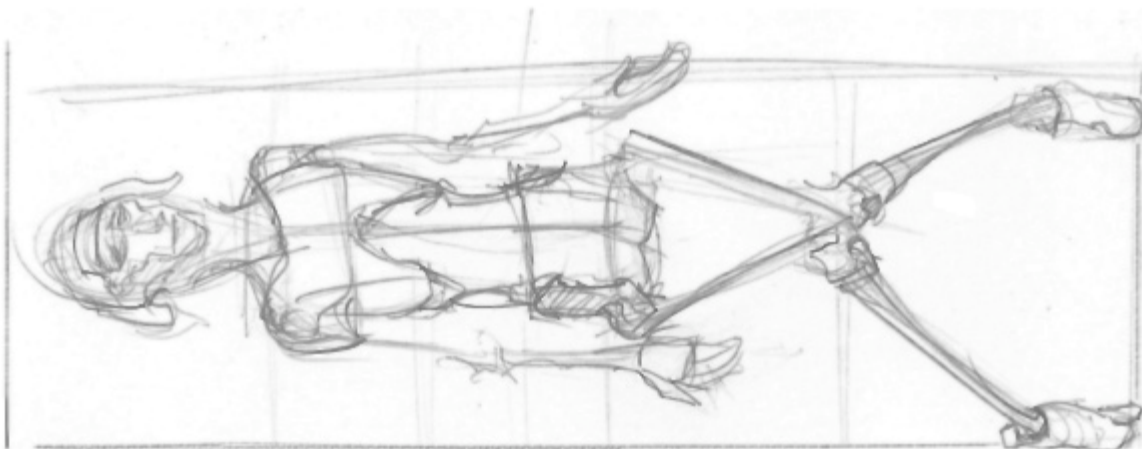


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## Movement Sequences

### ONEs:





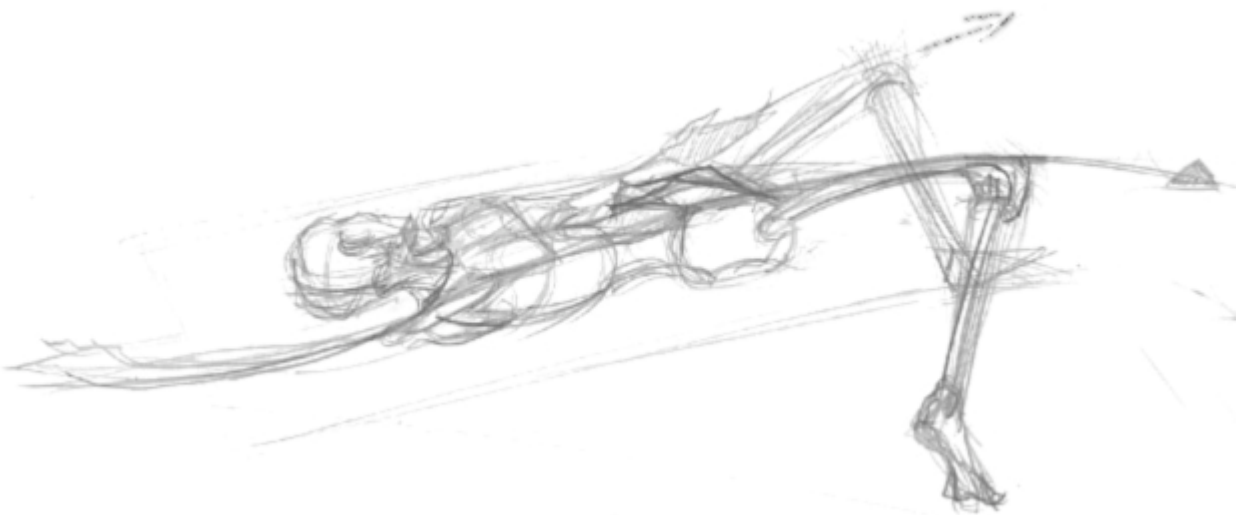
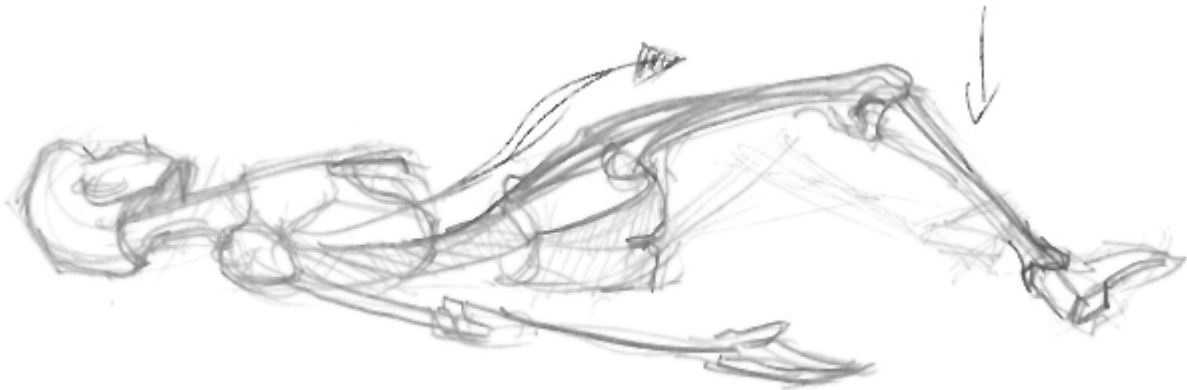
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## Movement Sequences, continued

### TWOs:

- Do ONEs then to full body stretch.

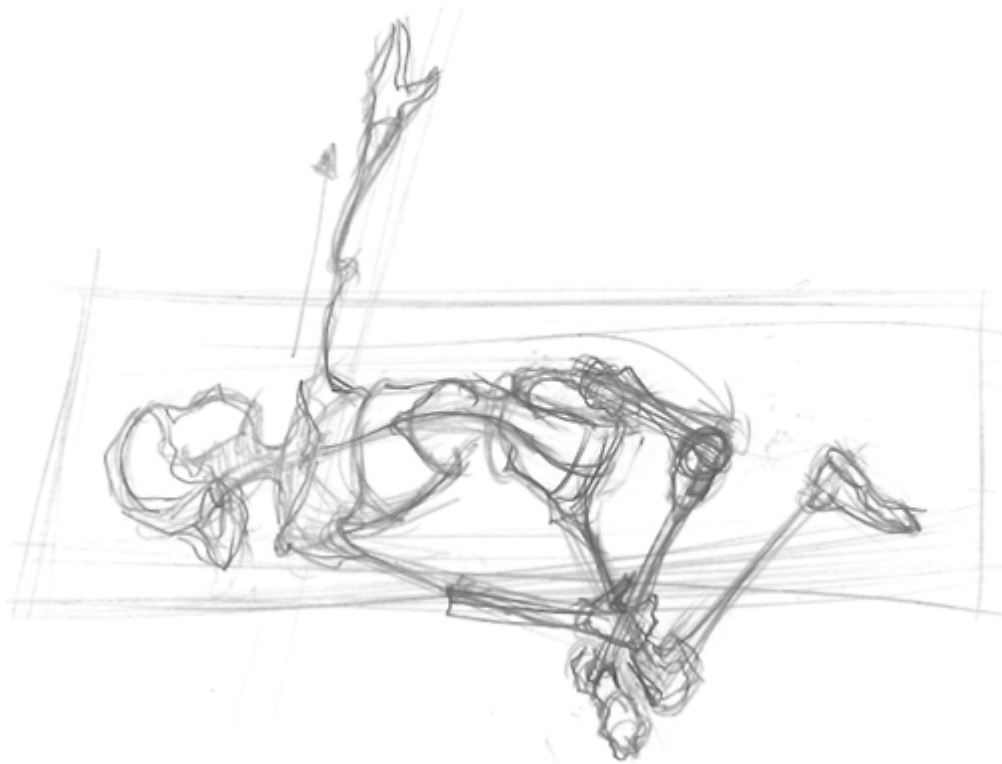
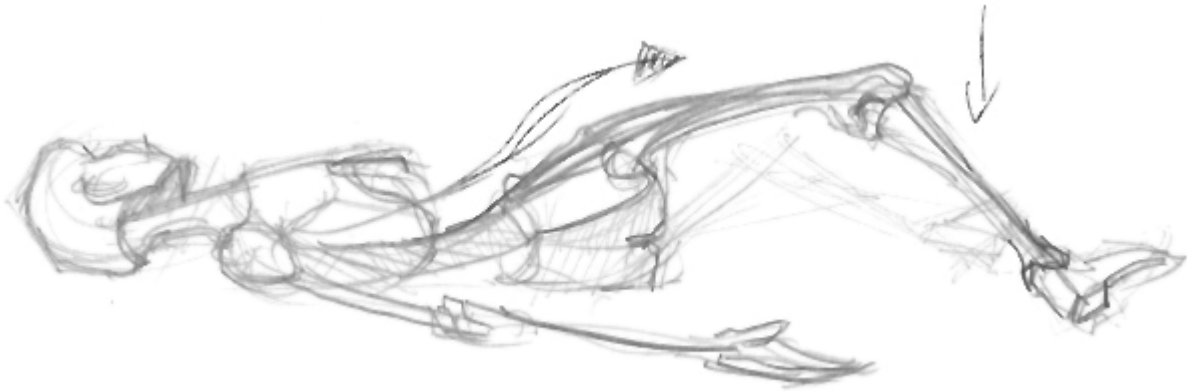


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## Movement Sequences, continued

### THREES:

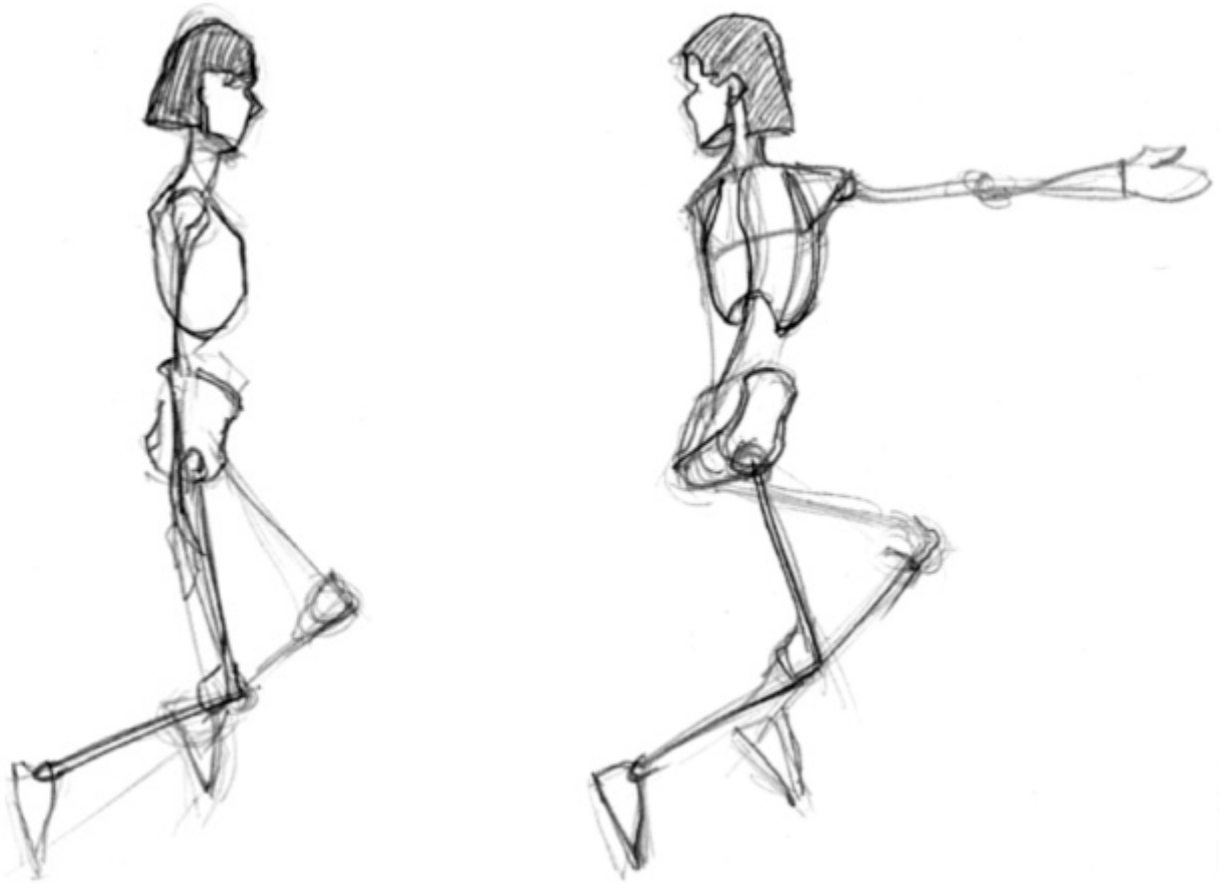


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## Movement Sequences, continued

FIVEs:



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**Movement Sequences, continued**

**FIVEs, continued:**



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**Embryo Pose**

