

ROCK & ROLL

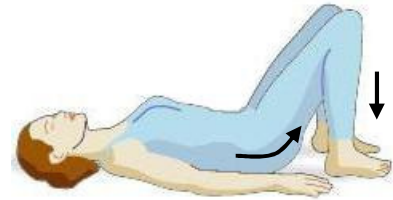
SUPINE – ON THE SPINE

Lay with legs extended and notice how your spine and body feels



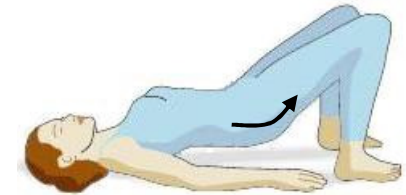
ROLL (Flexion)

- Lie supine (on your back)
- Pull shoulder blades down toward feet and then together
- Push down gently on the feet
- Begin to flatten the back by tilting pelvis up, pubic bone toward ribcage
- Release tailbone, relax and breathe (do this process several times)
- Flatten back again and pull/roll tail up between legs



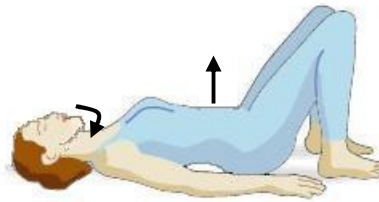
Optional - Continue to lift spine one vertebra at a time until weight is on shoulder blades

- Let spine down one vertebra at a time as if the vertebrae of the spine were links of a heavy chain, pausing and breathing at any areas that seem locked.
- Keep an awareness of gentle even pressure on the feet at all times.



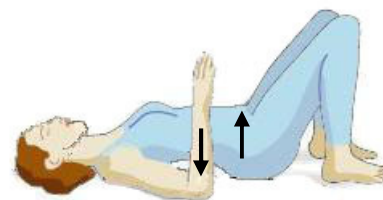
ROCK (Extension)

- Relax pressure on feet
- Arch lower back by rocking pelvis forward, pubic bone away from ribcage
- Chin pulls in as a result of this action



Press down on elbows and increase arch in back, pulling shoulder blades down towards buttocks and then together

- Relax pressure on the elbows
- Return focus to the feet
- Allow back to flatten, tip tail up slightly if necessary
- Repeat “Roll” motion
- Relax, leaving the spine in the flat position.
- Breathe and be aware of how your spine and body feels



*“Rock & Roll” by alternating the two motions allowing chin to engage and relax.
Inhale as your back arches off the floor and then exhale as your tail bones turns up and your back flattens.*