




PRACTICE 2 - before lunch (YFNI 10/11/12)


- ①  (a) Jaw and Mouth
(b) Head and Neck
- moving head L/R,
down/up


(all from "The New Rules of Posture" by Mary Bond)

- ②  notice how head is resting on neck.

- ③  EXPLORATION
(a) Exhale - sacrum resting on toes
(Inhale - maybe feel breath opening in chest)
(b) Exhale - lower belly resting on heels
(Inhale - maybe feel breath opening upper back)
(c) Play with (a) + (b) together
Exhale - establishing relationships
Inhale - notice where breath opens

- ④  Feeling "traces" of (a) and (b)

- ⑤  Feeling head of femur as stable point within movement

- ⑥  Sitting - using (a) and (b) to place pelvis / find seat
(Sacrum resting on knees or feet
d-belly resting on tail)

Suggestion:

Take a moment to connect with / honour
whenever draws you to these practices