

point at which your weight is exactly balanced on both feet (easier to feel when moving from side to side).

- Sit down and move from side to side, from one sitz bone to the other. Observe if you favor one. Experiment with ‘planting’ your sitz bones, in full contact with the chair (or floor if sitting on the floor). Feel yourself sitting with complete balance on both sitz bones.

5. Side-bending

- Walking or dancing, the hip of the forward standing leg is slightly lower than the hip of the leg behind, which is slightly higher. As we walk, our hips gently rock up and down like water being tipped from one side of a bowl to the other side.
- Simultaneously, the rib cage on the forward leg is elongated or the forward hip and shoulder stretch away from each other and the rib cage on the back leg is shortened – the hip and shoulder of the back leg are closer together or a little ‘scrunched’. This is side bending.

How To:

- Stand with your feet about six inches apart with your hands resting by your side. Slide your right hand a few inches down the outside of your right thigh; then your left hand down the left thigh, feeling the hip and shoulder coming to meet each other as you bend to each side.
- With feet together, bend your right knee by coming onto the ball of your right foot; press on the ball of your right foot and rotate your left hip to the left – so your right chest now faces forward and your left leg is straight. Notice that your left hip is now slightly higher than your right hip. The right side of your body is elongated and the left side of your body is shortened or ‘scrunched’ – in the side bend.
- Now bend your left knee by coming onto the ball of your left foot; press on the ball of your left foot and rotate your right hip to the right. Your left chest faces forward and your right leg is now straight. Notice that your right hip is now slightly higher than your left hip.