

Level 1 - Home Sheet 3 & 4

Imprinting x 5

Begin lying in the "hook lie" position (knees bent) with hands at your sides. Exhale to lengthen the low back towards the floor by sinking the navel towards the spine as you shorten the distance between the bottom of the ribs and pubic bone so the low back feels a very gentle stretch (try not to allow the bottom to squeeze). Let the low back gently release back to a straighter position across the front as you inhale

Pelvic Curl x 5

Inhale, as you exhale scoop through the abdominals into an imprinting and curl the tail bone off the floor, gradually articulating the spine without overworking the glutes (bottom). Inhale to hold this 'up' position; as you exhale articulate the spine back to the floor, making sure you finish in neutral through the pelvis.

Double Arm Lift x 5

Ensure the fingers are drawn down towards the feet so the shoulder blades are engaged. Inhale, exhale and float both the arms towards the ceiling and reaching behind the head towards the floor. Stop before the back arches or the blades slide upwards. Then inhale, exhale and float the arms back to the sides.

Arm Openers x 5

Lying in the "hook-lie" position, (knees bent). Focus on the shoulders being drawn down and the pinky finger leading the arms.

-begin with the arms extended towards the ceiling above the shoulders and palms facing inwards.

-inhale to open the arms to the sides, exhale to bring them back up above the shoulders.

Single Leg Lift x 3 each leg

Put one hand under the low back or on top of the pelvis to check for pelvic movement. Inhale, exhale and 'float' the right leg off the floor to the knee above the hip. Inhale, exhale and 'float' the foot back to the floor.

Double Leg Lift x 4

Lying in the "hook-lie" position, focus on using the abdominals and not recruiting from the back.

-inhale, exhale and float the right knee up in the air

-inhale and exhale, float the left knee in the air to meet the right knee

-inhale, exhale to float the right knee back down

-inhale, exhale to float the left knee back down to the mat.

Hula x 3 each way

Focus on inner thighs and pelvic stability.

Exhale to do a chest lift, Inhale to hold, and Exhale to rotate the upper body to the side (take opposite rib to hip), and inhale to rotate the upper body back to the centre, whilst keeping the pelvis completely still, then repeat for the other side.

Side Lie Single Leg Lift x 5

While lying on your side, as if your back is along a wall, with the legs forward of the body so you can see your feet & underneath side of the waist lifted.

Inhale; as you exhale reach the top leg just off the lower leg to hip height, feel as though the leg is reaching out of the hip. Strongly engage the outer thigh of the top leg.

Inhale to lower the Leg.

Side Lie Double Leg Lift x 8

While lying on your side, as if your back is along a wall, with the legs forward of the body so you can see your feet & underneath side of the waist lifted.

Inhale; as you exhale reach both legs off the floor, feel as though you lengthen the legs out of the hips as you lift. Strongly engage the inner thigh of the bottom leg.

Inhale to lower the Legs.

Side Lie Chest opener x 3 each side

Lying on your side with the hands behind the head and elbows forwards make sure your thighs are at a right angle. Inhale as you open the top elbow toward the ceiling and exhale as the elbow opens back. Hold for the inhale and exhale to draw the torso back to side-lying letting the elbow follow it back to above the shoulder and close it forwards.

Prone breathing x 5

On the stomach, inhale; exhale so the tummy comes off the floor & in towards the spine. Then hold the abdominals in as you continue to breathe expanding and contracting around the rib-cage. Breathing when lying on the tummy is also sometimes called "stomach lift breathing" because that is the ongoing effect of the movement

Prone Alternate Leg Lift x 5 each leg

Lying on your stomach with the pubic bone gently pressing into the floor. Placing the hands underneath your pelvis to allow you to feel any pelvis movement. Inhale, then Exhale to lift and reach the right leg off the floor (feel as though you are reaching the leg out of the hip), and Inhale to lower the leg. Exhale to lift and reach the left leg off the floor, and Inhale to lower the leg. Focus on keeping the pelvis still and try to feel the back of the thighs working. Repeat for the given number of repetitions

Rolling Basic x 6

Start in a sitting position. Rap hands around to front on legs; ankles preferably come onto the tip of the toes and roll to the back of the sit bones. Lift toes off the floor and balance. Keeping the heels close to the bottom and the head tucked in **Inhale:** roll back to shoulder blades. **Exhale:** Roll forward (keeping the feet tucked and slightly off the floor). Maintaining through out curved spine heels to bottom and head tucked.

Roll-back x 4

Begin by sitting with your back straight and legs together in front of you with the knees bent so you can hold your thighs. Inhale, as you exhale begin to curl the upper body backwards towards the floor whilst you hold your legs for support. Ensure the curling action comes from the pelvis. Go as low as you wish (or ideally to the back of the pelvis), then inhale as you hold that position and as you exhale curl the upper body back up, staying curled until your shoulders are above your hips and then inhale to straighten the body back up.