# Movement lesson

---

Angela 2 — Week 7, Day 3, Session 4 — 44 minutes

---

*Summary: A lesson in lateral bending through the ribs, linking the sit bones, a golden ball in the chest, and the shoulder blades. One side is explored sitting and lying, with side-bending joined to turning, then the other side is imagined and tried. Sensing from within, skeletal consciousness, and interiority thread through.*

---

## The two centers

I want to do a lesson that I love. We'll grow over these next days.

So just start feeling, on the front of your chairs, sensing your feet on the floor, your bottom on the seat, sit bones, a feeling of the golden ball in your belly.

How those two sit bones and the space in front of your sacrum, where the golden ball is — so it's kind of a triangle from the golden ball down to those sit bones. You go to the interior of yourself in front of your sacrum.

And then if you go up from there to the center of your chest, you can have this picture of this ball, this vibrant center in the center of the chest, that's very mobile in all directions, sensing through the top of your head towards the sky.

## The right ischium

Begin to lift your right ischium from the seat. Feel the influence through your spine.

A number of times. Right ischium. Feel the shift of weight. Feel, you come onto that left ischium when you lift the right.

Notice what happens to the two golden balls, and let your head feel how your head, your neck, can bend in a way that your head goes to the right, as your chest goes to the left, because they yield. And let the right ear go a bit towards the right shoulder.

See if you can feel that movement in your chest, and kind of inside your vertebral column, like you can feel between your shoulder blades, and letting that head bend, the right ear a bit rightward.

Spread your left hand and feel under your armpit. Feel those ribs as the right ischium lifts.

Is there any tendency to bend? Maybe not. Maybe you feel the ribs just stay in the same plane and the whole upper torso moves over.

## Two ways

So pause for a moment. Just watch me for a moment. I'll give you two images.

I'm not saying one is correct and one incorrect, but two main ways when people lift here. One way is for the whole upper body to shift over. And there's a sense that from here up is a line, and one is organized over that left hip joint. That's one way.

And another way is if we imagine this bending, where these ribs — the lifting here invites a lateral bending here. And I'd like you to see if you can sense if that is available, that bending in these ribs.

I'm suggesting it's a very helpful movement to have in your repertoire. That it actually does a lot of value for your whole back, but particularly the vertebrae between your shoulder blades, and the influence on your neck.

This lesson will speak a lot to that.

Yeah. The erector spinae, or the latissimus. But — okay, go ahead.

Oh, okay. So if it feels like a strain, go just light, do a little less, so you're not straining there.

## Where the movement begins

Okay. Now, sit for a moment.

Inside your ribs, inside your torso, feel if you can have some kind of inner image of the pliability of those ribs, as you breathe.

If you very lightly let your right ear come a bit towards your right shoulder, just a half inch or an inch, feel the readiness to bend. Not turning, but bending.

And then the left ear towards the left shoulder. Feel the readiness to bend. See if that readiness is significantly different or not.

Now think of this. Maybe touch the center of your sternum. Project your attention behind, to the vertebrae behind here.

And imagine that this movement begins as a shifting in this golden ball here in your chest, and this movement goes towards the left. The chest vertebrae go leftward, and the head can bend a bit rightward.

And when you move the chest leftward, is it natural, so to speak, or ready, that the right ischium lifts, or does that feel like an afterthought?

Yeah, good to notice it went down. So you pressed this way. So good to see. And see, as the lesson unfolds, it might go, oh, that's interesting.

And as you move the chest over, take the knuckles of your right hand on the right side and see if shifting the chest leftward invites this bending, and feel the influence through to your pelvis. See if there's some kind of immediacy or connectedness.

Breathing.

So you can let this hand wander down, so you're kind of connecting all the way down through the ribs on the side, and the sternum, and maybe these — the attachments of the ribs and sternum, just feeling them. Sternocostal joints, and breathing.

This is so key for that softening of the chest we were talking about this morning. Connections.

The golden ball down in the bottom, from your moving center of your pelvis, and the fluidity of the chest.

## From the shoulder

Do one more, and then I'll let you take a break on the ground.

And this one is, think of your left shoulder going leftward, that the movement originates with your left shoulder. And everything else follows from the shifting leftward.

Not the elbow, but — it's like someone is pushing your shoulder. And you feel how the pattern can be initiated from there.

And then finally, let's think of all three together. Lifting the right side of the pelvis, the shifting of the sternum leftward, the left shoulder leftward.

Okay.

## On the floor

*[Silence 34 seconds]*

Interlace your hands under your head. The elbows be out to the sides.

Just gently move your head and arms to the left and a little downward, so that bending motion of the chest. So you feel how the movement goes through you in that direction, and then come in the other direction. Feel how it comes down to the right.

Is there an obvious difference right now?

And then stay to the right. Stay to the right, just feel your breathing there. And bend your right leg to standing.

And reach down with your right arm, down towards your right foot. You don't need to touch it, but the ribs on the right side are bent.

Yes. And reaching down with your right hand in the direction of your right foot. Ribs on the right are bent.

Just gently take your left hand to your sternum, and as you gently reach down with your right hand, help your sternum to go a bit leftward. Just like you're connecting the bending of the right thigh and the breastbone going a bit leftward. You can let your pelvis help you.

Your right ear is bent down in the direction of your right shoulder.

Just get a kind of X-ray vision of your —

*[Silence 33 seconds]*

You were helping the sternum go leftward. Yeah, yeah. That's good.

Leave that, and then pause for a moment. And as you pause, feel the shape of your torso.

## The shoulder blade

And one more time, interlace your hands under your head. Slide the head down to the right. Lengthen your right arm downward. Put your left arm any place you want for now, just out from under your head. And so your right ear is kind of towards your right shoulder.

And just gently feel the movement of your shoulder blade, where you can slide the right shoulder toward your right ear, sliding so the arm slides on the floor. Keep your head where it is.

Slide your shoulder toward — feel that space get shorter, and then feel gradually the lengthening of the arm, and feeling that space between your shoulder and your neck get longer.

So listen to the differentiation of the shoulder blade and how the ribs move underneath it.

Okay, so you're listening to the movement of the shoulder blade over the ribs, but then how the ribs, how the chest changes shape when the arm gets longer, and then when the shoulder comes up, the arm shortens.

When the arm gets longer, you might notice that those ribs bend a bit more. You can reach over to your right side with your left hand, if you like.

And if you really want to get a sense of the bendability of the chest — now we're connecting it to the movements of the shoulder.

And then come back to neutral.

Please come back up to your chair.

*[Silence 34 seconds]*

## Back to sitting

So as you move, as you lift the right ischium, and you let the chest move left, the shoulder move left, and the head bend to the right — lift your right shoulder. Right shoulder. Go slow and smooth.

Lifting, pausing for a moment where the ear and the shoulder are quite close, sensing your shape, and then very slowly coming back to neutral. Very slow.

When you get back to neutral, pause there and think that there's a little weight on the bottom of your elbow, kind of letting the space grow between your shoulder and your neck, to the top of your head towards the sky. And as if the elbow — you're not pressing it down, but the image is that there's weight to it, so that this space can grow.

And once again, lifting the right ischium, chest left, left shoulder left, head bending right, lifting the right shoulder blade. So you're really on your left ischium. You feel that bending.

And you let the shoulder blade come down, still on your left ischium. Let it come down, down, down, down, down. So you feel that real bending through your whole right side.

Let your head come back to neutral, and come to both sit bones. Feel the shape of your torso.

Feel the spaces that are growing.

## Bending and turning

Lift your right ischium, chest to the left, shoulder to the left, but this time turn your head to the right. Instead of bending, turn to the right. And feel how that right side bends, and come back to neutral.

This connection between lateral bending and rotation is something that Feldenkrais used a lot to facilitate both. You see that a lot, so it's an important vertebral connection.

So, lifting that right side, chest coming over, the beginning of bending here, and then a turning to the right of your head, and feel how you could bring the right shoulder blade back, and then to neutral.

When you bring the right shoulder blade back, you might look further to the right, and back to neutral, and then further to the right. So your eyes, your head, are looking, turning right. Your right ischium is lifted, and you come back to neutral.

Just feel the shape. Feel how your torso is being shaped by the movements.

I love that feeling of the pliability that comes with these movements.

It's such a tricky area between the shoulders that can be hard to differentiate and mobilize. These movements are really brilliant for that.

Okay, now, lifting the right ischium. Shoulders to the right — chest, shoulders left. Just left. Turn to look to your right.

Now, bring the left shoulder forward as you look further to your right. Left shoulder forward. Then bring the shoulder back to neutral. Left shoulder forward, looking to the right.

Feel how the shoulder mobilizes the vertebral column between the shoulder blades.

Breathing.

Neutral.

Feel how neutral is weird. Isn't neutral weird?

Right.

You're lifting the right — chest left, shoulders left. Turn, and look around to your right. Bring the right shoulder back and the left shoulder forward.

And then, keeping your head looking to the right, let the shoulders come back to their neutral, and then right shoulder back, left shoulder forward.

Looking around, letting your eyes look right, then the shoulders back to neutral, and then right back, left forward.

Back to forward.

And now, interestingly, just go back to the original movement of lifting that right sit bone and feeling the ribs, feeling what happens to your head, the ribs.

That's good.

## Interiority

So, lying on the ground, and — huh? You think we should? I think we will, because we're going to be growing the lesson from here, actually. This is just the beginning.

And I think it'll be helpful if you understand as well.

I just wonder how you feel from the inside.

The sensing from the inside is such an important and challenging capacity. We're so used — we're so visual so much of the time. We're so used to seeing ourselves from the outside, but to sense from in there, and then to go into the real interior of it also.

That was the direction of Feldenkrais's use of that term we were talking about at lunch, skeletal consciousness, being able to sense from in there.

To my mind, it's very connected to that beautiful word and essential concept of interiority, of growing the authenticity of our own interiority, that we have an experience that's unique and it matters and it's in there.

## Shoulder blades on the floor

And just lightly feel how you could bring your right shoulder blade a little bit forward, and feel how that comes off the floor, and then eventually how the ribs get carried. And then let the right shoulder blade go to neutral, and then come back into the floor, and feel how the turning is influenced when the shoulder blade goes back into the floor and the chest gets turned a bit.

Yeah, am I talking too loud? Is that volume? Thank you.

Yeah, so feeling the right shoulder first, just get a feeling of it a bit forward, and then mostly we want to get the sense of taking it back.

And feeling how the chest is influenced from the interior, if you could be inside your ribs, inside where the sternum and the ribs meet from the underside.

And then let the left shoulder blade go forward as you bring the right one back. Feel that influence through your whole torso.

Is it a forward, under, or forward, forward? I'm not sure.

No. Over. Over. Okay.

Yeah, then let your head go to the right as you move the right shoulder blade back and the left forward. Let your head roll a bit right, and feel that whole pattern as you can sense it through the space between your shoulders.

Oh, good. Do that, please.

And please come up to sitting on the front of your chair.

*[Silence 31 seconds]*

## Walking

Actually, walk around with it, if you will. A little stroll.

Notice if there is an influence from bending this right side in that way, if that influences in a significant way.

They can be a very effective way of working with sacroiliac challenges. Getting this movement really clear.

You have a lift issue. Let's come. It's not really active. People are having difficulties.

It's very often difficult at first to lift the ischium, but if they get this going, and the shoulders moving, and they're not even thinking down here, and they're moving this, this'll start lifting and start shifting here, usually in an effective way.

Okay, let's come to sitting.

## The other side in imagination

Just take a moment to think of lifting your left sit bone.

Think, what's the picture of what happens through your torso, when you have that imagination?

What'll happen between your shoulder blades when your left ischium lifts? Does it feel more like one piece moving over to the right? Does it feel like there'll be a natural inclination for the bending?

And then have an imagination of the breastbone, the golden ball in your chest moving to the right from there. What's your picture of what happens in your pelvis, what happens in your shoulders, what your head might be inclined to do?

Maybe the most important thing is to be in the interior. Getting some skeletal sense.

It's not about right and wrong — oh, I had the head going the wrong way, whatever. It's not that at all. It's your interior, and you're able to connect imagination and sensation. That's where we begin to grow the congruence. The imagination, the sensation, some bodily feel, begin to line up.

Okay, now, think of your right shoulder sliding rightward, not forward or back, just going rightward.

Can you picture the sliding of your right shoulder rightward connected to the left ischium lifting? Is that a congruent image?

Can you picture the left ischium lifting, the breastbone going rightward, the right shoulder going rightward, and the head beginning to bend leftward, the left ear towards the left shoulder? Can you have an image of that pattern?

And where in your vertebral column is it hard to imagine that? Are there any places where it goes, I'm absolutely clear on that part, but that part gets fuzzy?

## The left side

And then begin to experiment, lifting the left ischium.

You don't have to do it a lot of times, right? Feldenkrais's insight was, do it on one side, get the pattern clear, then do it a little bit on the other side, and it goes. But it's not about the musculature, it's about the pattern.

Let's see if you can get a feeling for lifting the left ischium, a feeling for shifting the sternum rightward, a feeling for the right shoulder going rightward, a feeling for the left ear bending toward the left shoulder, and somehow all of those going together.

Or if you think of one of them, are the others called in, like the stars of a constellation? You know, there's the Big Dipper.

Breathe in.

And then lift your left ischium, move your right shoulder to the right, sternum to the right, left ear towards the left shoulder, raise your left shoulder blade towards the ear. Keep it there for a moment.

Just breathe. Keep it there, keep it there, and then slowly lower your left shoulder blade. See if that can become smooth, not just a bum, bum, bum, bum, bum, but smooth.

And then shift your whole self to neutral. Feel how you come out of your pelvis and how your shoulders drop, maybe.

It probably won't be as lopsided on this side as it was on the other side, because of what you've already taken in. But you might start feeling both shoulders really coming down and the head coming up.

Now, lift the left side of your pelvis, left ischium, chest over to the right, shoulder right, head drops left. Raise that shoulder once again.

Now keep your ear and your shoulder bent toward each other. Keep that, and bring your pelvis back to neutral.

And then very slowly let your head go back toward neutral, and your shoulder, as smooth as you can. Down, down, down, down, down, down, down.

When you think it's all the way down, stay there. There's probably a little bit more in the fibers that want to come down a bit.

Think of your head coming up, letting the shoulders come down. Feel the space of your neck, your sit bones.

This time, as you lift the left ischium, and your chest goes right and your shoulders go right, turn to look leftward. Turn. Turn, stay looking leftward.

Bring your left shoulder blade back and your right forward. It's not so much moving the hands, it's the shoulders. Feel that across your chest.

You're looking leftward, left shoulder blade back, right forward, but mostly you're inside your chest, listening to these vertebrae. It's an amazing way to feel those vertebrae right in your chest, turning.

Go back and forth with your shoulders, forward and back. The right goes forward, the left back, and then they return to neutral, and then right forward, left back, and you're looking around to your left.

And then come back to neutral.

And then let your whole self come back to neutral, and feel the shape of yourself.

## Standing

Stand up.

Feel your height right away when you stand up, and what stands out in the shape of your chest?

Walk with it.

Move around yourself. Feel that turning. Where in your vertebral column, where in your shoulders, it stands out — if it stands out some.

What's your sense of your shape, right?

Just kind of lower one arm, lower the other arm, bend your wrist a little bit.

What's happening? Why? Oh, yeah. And can you feel the way you came — your head came out and your shoulders came down?

And does this sense of sensing from in there — can you get kind of some X-ray vision from your —

Okay.

We will continue this tomorrow.

And you get to start with your partners, let's say, in five minutes.

And I wish you good journeys.