Movement lesson

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

Summary: Russell invites a seated exploration of coming forward on the sit bones over the hip joints, rather than holding or arching with the erectors. The lesson is to stay long coming forward and back, and to let the head lower as the back changes, without activating the neck.

Sitting

Okay, let's sit together.

Let's sit and enjoy — or not.

It's oppressive if someone demands that you enjoy something, right?

Just feel your bottom.

And sense—

Lengthening out of the pelvis

Did we talk a little bit a couple of days ago about the difference between using your erectors and coming over your hip joints?

Okay, so we need to do a little bit more of that.

So, the sense of coming forward on your sit bones with a long spine, and yes, you'll get some curving in your spine, but not because you're arching your back.

Because your back arches, and if you have length and you're coming, bending somehow over your hip joints, right?

So instead of doing what most people do, which is hold down in the hip joints or arch up, we want to find how to come out of the pelvis, to lengthen out of our pelvis.

And then the corresponding movement is how to come back.

And again, not curling down at first, but feeling how can I be long?

And when you start feeling any kind of contraction in your neck, and I'll show you a way to feel that in a moment, you lengthen out.

As soon as you start feeling your lower back curling under.

See, can I get long here?

I mean, eventually your back will need to come down, but we want to see how long can I stay long.

Letting the head lower

And the way Moshe did this, which is not so easy, I must admit, he would have us put a thumb on the sternocleidomastoid — these two fingers on this side, your chin kind of resting here.

And he's saying, your head shouldn't lift up, and there will be a gradual lowering of your head, but not because you're bringing it down, but because as your back changes, the head will drop, but not by activating your neck.

So he'd have us hold one side.

You put the opposite hand on the floor with the fingers facing forward, kind of roll over that hand.