

Bringing the Body to Functional Perfection

And come to all fours. Hands under shoulders, knees under hips, fingers well spread. Hands, feel the floor very alive, hands settling and expanding in the earth. Listen to what happens in the wrists, shoulders, knees, feet. Maybe some sensitivities here and there. We'll see what happens.

So the fingers are well spread, middle fingers looking straight ahead. On the inhale, we'll arch the lower back. Sit-bones move back a bit, wide. Chest rises. Slightly bend the elbows, they look at each other, shoulders wide and moving back. Chin slightly tucked, chest rising. You can release the perineum and belly. You might feel tensions in the upper back; it's normal.

And on the exhale, we round the back. Lower, middle, upper back. Keep shoulders away from ears. And at the end of the exhale...

...you can bring the belly toward the back. There may be a light support contraction in the perineum.

And on the inhale, I relax the belly. Relax the perineum.

The back arches. The chest rises. Shoulders wide, sit-bones wide. Far from the ears too. Do not break or force the neck; keep the chin slightly tucked.

And on the exhale, I round the back. Continue this way.

And at the end of the exhale, I suck the viscera toward the spine and maybe hold the perineum. Truly correct.

Find your own rhythm. Listen to the state of the body. Feel what happens in the spine, hips, shoulders, neck.

Maybe there are resonances in other parts not named, like the face.

Good.

And on the next small exhalation, we'll come to sit on the heels. Let the glutes abandon themselves to the heels, as if liquefying or melting. The back can collapse to feel the weight of the pelvis. Maintaining that deep support, we'll stand up (kneeling). Draw a beautiful line from pubis to throat. Navel rises. Chest rises. Attention, shoulders stay low. An anchored line from pubis to throat, glutes anchored on heels.

We'll put right fingertips on the floor in a crown. Left arm rises. No tension in the shoulder. Vertical. Palm very alive looking at the right shoulder. Lift glutes slightly, place pelvis to the right. Shoulders stay low. Feel the accentuation of the stretch on the left flank. Torso leans right. Return. Lift glutes to sit back in center. Arms down. Feel the reaction. Left shoulder, left hip.

What part feels sensitive? What part is more relaxed? It's the same.

Good.

Now left hand on the floor in a crown. Right arm rises. No tension. Chest rises. Palm muy viva looking at left shoulder. Lift slightly. Place pelvis left, torso leans left. Shoulder low, chest rises. Feel the stretch on the right side. Don't forget to breathe (free breath). Return. Center. Feel.

Come onto knees. Presence on left knee, advance right foot. Seek right angles first.

Advance the foot a bit more, pelvis descends forward. Try to stabilize hips on a single line. Pelvis down. Hands on leg. Pubis forward. Chest projected up. Hands slide down the sides and up in front. Very soft, very light.

No tension in shoulders. Stay with hands up if you want. More extension? Chest opens and rises. Don't block breath. Return. Hands on either side of right foot in crown. Support left toes, lift knee, extend left leg. Pelvis low, small swaying movements forward and back.

Settle left hand near right foot. Right hand on right hip, torso pivots to the right and sky. Or extend right arm high.

Attention, don't pull from the shoulder; it's the torso in the twist. Inhale, exhale. Three breaths here.

Return. Support back knee. Settle top of foot. Pelvis back, above back knee. Extend right leg in front, foot flex. Maintain length from pubis to throat. Straight back. Then abandon yourself over the leg. Relax belly, chest, head. Stay there.

Present in the breath. Long exhale, long inhale.

Let right foot slide to pubis. Right knee opens out. Pelvis near right heel, back leg extended. Adjust to flexibility. Pelvis might not reach the floor. Fingers on floor with tactile sensitivity. Discover the texture of the earth. Slide forward. Head abandons. It doesn't matter how far you go.

Feel the stretch in the right glute area. Am I breathing?

Good. Retreat hands toward pelvis. Chest rises. Drop shoulders. Stay two or three breaths. Let glutes cede toward earth. No need to contract. Present in breath. Return to both knees. Sit on heels, register.

Back to knees. Presence on right knee, advance left foot. Pelvis forward. Hands on left leg. Hips aligned. Pubis forward. Chest rises, shoulders descend. Presence emanates from the fluid breath. Hands slide down, then rise in front. Almost weightless. No tension. Arms rise. Stay pointing to sky or explore extension back. Don't force.

Return. Hands in crown around foot. Support right toes. Lift knee, extend back leg. Pelvis firm and low. Small forward/back sways. Settle right hand. Left hand on hip, pivot torso left and high. Extend left arm. Three breaths.

Keep back leg (right) well extended.

Return, left hand down, right knee down, settle top of foot. Back up pelvis over right knee. Extend left leg, foot flex. Long line from navel to chest. Lean without closing. Abandon naturally in forward fold.

Release belly, chest, head. Discover the air's flow in the stillness.

Left foot slides to pubis, knee opens out. Pelvis seeks floor, back leg extended. Slide hands forward. Re-discover the floor. In Yoga it must always be as if touched for first time; no mechanical repetition. Discover the substance of the floor with sensitive hands. Shoulders flow to hands, hands to floor; relax belly, chest, weight of skull.

Slowly bring hands back toward torso. Chest rises, shoulders low. Rest a moment letting glutes cede. Present in the breath. Slide laterally to lie on the back. No corrections. Legs distended, feet apart falling out. Palms to floor or dorsal part of hands with palms to sky. Arms at sides. Discover how a body can abandon itself to the floor.

As if you were to hum a great 'M', let the vibration resonate throughout the body. The floor below and the vast space around. What begins to tingle? What emerges bubbling with this sound? Listen to the resonance, feel the vibration.

Thank you.