

# Like a Seaweed

Good. And lie down on the back. Without too many adjustments. Feet falling to the sides, leaving more or less the width of the pelvis. Try to place the palms of the hands on the floor, arms at the sides, slightly open. Shoulders low and wide. Chin tucked. Discover the floor beneath the body. Is it soft, welcoming? Is it hard, resistant? What parts of the body settle with most ease? Give yourself time to settle completely.

And the right foot will slide towards the right glute. And settle near it. The left foot slides towards the left glute. Settles near the left glute. Feet lift from the floor and draw the knees toward you. Knees stay at hip-width. I'll lift the arms and pass them through the inside of the legs. And place the palm of each hand on the sole of the feet.

And despite the posture, I'll try to keep the lower back well supported, well assimilated to the floor. Chin tucked. And the shoulders too, towards the floor.

We're going to do the seaweed exercise. So, the right leg and the right arm will rise very slowly upward. As if we were at the bottom of the ocean and there was water resistance. Attention to the relaxation of the right hip, the right shoulder. And when the foot and right leg return, it's the left leg and the left arm that rise. Imagine the water resistance. Imagine being this seaweed at the bottom of the ocean. And alternately, when one leg rises, the other descends. And vice-versa. Take awareness of the breath. Do two or three rounds. But constantly relax the shoulder, relax both hips. Try to stay with the chin tucked and the lumbar area well flat against the floor. The goal is not forced extension, but that everything is very fluid.

And the next time the left leg is high, the left leg will descend and the right leg will come into a twist towards the right. Without letting yourself fall suddenly, take the right leg toward the right. It's a controlled descent. And then I'll bend that leg. I'll find myself again in the center, with both knees bent on the chest.

And now it's the left leg that will go towards the left in the twist. Without falling. It's a controlled letting go. We'll do it two or three times each side. And in this particular twist, unlike what's usually done, the head accompanies the direction the legs go.

Inhaling well, exhaling well. Return to center. I can release hands, let go of feet. The legs lengthen and let gravity operate alone. Only listen to the impressions that remained there.

And as if it were a caress, from the feet to the face. Inhale. The caress of the face.

We're about to join both feet, both legs. The right foot slides reaching near the right glute. Foot lifts from floor, draw right knee toward you. And I'll let my right hand slide along the tibia of that leg, until reaching the foot. I'll take the right foot to bring the right heel and place it near my right glute. And as much as possible, ensure my right knee approaches my left knee. But don't force. Respect the ranges that are organically possible for you today.

Feel the space in the inguinal zone, the quadriceps, the knee, the ankle, the hip. The mind doesn't need to react to this, simply let your body inform you. And relax the rest of the body in this posture.

And return, coming out of there. And I'll take the right top of foot with the left hand.

Bring the right foot toward the fold of the left groin, or place it on the thigh (asymmetric lotus). Let the knee descend toward the floor as much as possible organically. Two three breathing cycles here. Relax the shoulders.

And then I release the foot, release the grip. The leg lengthens. Feel the sensations produced in your entire right side. It's not the same state as the left side. Observe this contrast.

With feet and legs together again. The left foot slides now toward the left glute. Lifts from floor, knee comes toward chest. I'll let the left hand slide along the tibia until taking the foot. I bring the left heel near the left glute. And make the left knee be as close as possible to the right knee.

All this as much as possible, without forcing absolutely anything.

Feel the space in the hip joint, the quadriceps, the knee. Welcome the awakening of tissues with the fluid sway of the breath.

And return. Taking out the leg. Now taking the left top of foot with the right hand, place the left foot in the fold of the right groin, or on the thigh. Allow the knee to descend.

There after breathing, I release the foot, release the grip. The leg lengthens. And allow yourself no longer to do anything. Stay with the present sensations, without issuing any judgment. The body achieving to abandon itself completely to gravity.

And there are some gestures with our physiology. Feel. Return the attention to the abdomen. At the end of the exhalation, the belly goes in. And we come to widen the rib cage on the floor. I relax. Long inhale, long exhale. I enter the viscera, the belly sinks inward, and I deploy the rib cage well wide against the floor. A small concave depression is generated in the belly. And relax.

We're going to do these small abdominal Uddiyana Bandha. Inhale. Exhale. At the end of emptying the air, perform a false inspiration: suck the belly up and in without taking air. Widen the rib cage keeping it in firm contact with the floor. That small cavity of void is formed. Then release the abdomen. And only then let the fluid inhalation come filling the lungs. Do this several times at your own rhythm. Uddiyana Bandha in empty retention.

If it's a bit confusing for your practice today, you can simply continue doing long inhales and long exhales. The belly that inflates subtly when inhaling. The belly that contracts and enters when exhaling.

For the others, execute a small Uddiyana Bandha in retention: after the total exhalation, pull the belly in, sucking. The viscera hollow out sticking to the spine, enter the hollow rising almost under the rib cage. Rib cage firm extending wide on the floor. Only then releasing the suction. And only then inhale again. I leave you to continue this exploration by yourself.

And already no more doing. Breathe and let your body achieve softly returning it in the time and path you need to return to the seated posture.

Seated position. Legs crossed. Settle the feet, let the bases of the legs rest. Let a very natural verticality settle internally without tension.

Hands in prayer position in front of the heart. Then I deposit the back of the right hand in the palm of the left hand, letting the lap rest. Allow the hands to descend and cede their weight. And deliver yourself to the stillness for a few moments. Thank you.