

# Gentle Mobilization of the Joints

Of course, we respect the body as it is now. What is the sensitivity of the body in this moment? I can let the points of support become very alive—the contact of the body with the mat. And I check if the legs are settled, or if I have a tendency to hold them. Do nothing, but let it happen.

I can feel the environment in which I am now. Perhaps letting the temperature of the room become very alive. But don't quantify it; it's simply a feeling. Yes, the breath, without intervening. Observe the coming and going of the breath. Inhale, a time of suspension; exhale, a time of void.

Good. I'll observe which foot, which leg is in front. And with the palm of the same hand, I'll place the palm on the sole of the foot. This contact is very important; let it be sensual. Whether it's the left or the right, use the same hand for the same foot. I lift the foot. I'm not looking for a full extension, so I'll more or less extend the leg. I can slightly tilt the pelvis back if necessary. So, a lengthening. I might still have the knee bent or not. Feet toward the ceiling. I'll emphasize the relaxation of the shoulder. Then, I'll make small-amplitude movements from left to right, very gently. See what happens in the shoulder, in the hip. And I return. I release the leg, I release the hand. I'll listen to the reactions—what is alive, what is tingling, what manifests itself.

I'll put the other foot, the other leg in front. The contact of the palm on the sole of the foot, same hand, same foot. I can already ask the shoulder to let go before lifting the foot. We're in no hurry to get there. Don't anticipate, because often anticipating a movement creates tension. So, we start "from empty." I lift the foot now, the leg. Foot toward the ceiling. Without forcing, relax the shoulder. A small movement from left to right, like a rocking. Don't block the breath; we tend to block it when we're doing something. And I return. Place the feet in the most natural way for you. Settle the legs well, settle the feet well. No matter where the hands are, the hands are relaxed. Let yourself be. The hands very alive, the face... do I have access to the sensitivity of the face?

This time, with the foot still in front, I'll put the opposite hand under the ankle and the other hand under the knee. I lift the leg and I can gently rock this leg from left to right, as if I were rocking a newborn. Feel what happens in the hip. The shoulders... can I not tense the shoulders? The face. And I deposit it. The heat, the coolness, the density, the pulsations, the lightness perhaps. Everything that appears. All these words limit us, but sensations are limitless. So, let the sensations unfold.

Good, we can put the other foot in front. Opposite hand under the ankle, one hand under the knee. Bring the leg toward you and swing the leg a little from left to right. And I return. We can release everything. Feel.

I can roll onto the back of the sit-bones and bring the left leg toward the left. Well opened. Right heel toward the pubis. Let the ground appear under the left heel, the calf, the consistency of the floor under the thigh, under the buttocks. The right buttock, the right leg, the right foot. The toes of the left foot orient toward the ceiling. Tranquilly, the fingers, hands, and arms rise. Feel the pelvis becoming vertical. We'll stop parallel to the floor (arms at chest height). Feel the coccyx as if it extended into the earth. The chest rises, shoulders descend. The crown of the head as if it extended toward the sky. The right arm continues to rise so the right hand is just above the right shoulder—if it's for you today, if your shoulders allow it. The coming and going of the breath. Tensions are welcome, relaxations are welcome. After the exhale, I turn the torso toward the right. I'll release the breath, but maybe I can keep the abdominal muscles slightly engaged. I stop before feeling the slightest stiffness. Torso toward the right, head toward the left. Presence that comes from the breath: the chest which is released, the digestive pathways.

In a single very fluid movement, we change sides. I return to the center, both arms descend. Then I turn the torso toward the left, the left arm rises, the head to the right. Again, we stop before creating tensions. Do this movement two or three times on each side. It's a very fluid movement, as if you were at the bottom of the water, with its soft resistance. Feel how all the joints are mobilized. Return to the center. Returning slowly, put yourself in listening to the reactions. The back can collapse. Feel the totality of the body.

Yes, we're going to change legs. Right leg to the right, left leg tucked in, left foot toward the pubis. The settling of the body. The floor very alive under the right heel. Let the density, the substance of the ground appear under the heel, the calf, the right thigh, the right buttock, left buttock, entire left leg, left foot. Settled. Tranquilly, through the energy of the fingertips, the fingers, hands, and arms rise. The entire front face of the body rises. We stop at the parallel. The torso rises, chest rises, shoulders descend. I can feel the coccyx as if extending into the earth, the crown of the head as if extending toward the sky. Toes of the right foot toward the ceiling. I open the arms to the left and right, as if I were caressing very soft wood. I stop before feeling any stiffness in the back. The breath is very alive. At the crown of the head, toward the sky. I orient the palms forward and "compress" the space in front. I don't let the hands touch. I play with this energetic mass between the hands and the arms a little. I'll bring this mass toward me, crossing the forearms and placing the hands toward the upper chest (fingertips on the collarbones). Arms are relaxed. Chest rising, shoulders low. After the exhale, I turn the torso toward the left and

head toward the right. Feel the caress of the air on the cheek. Don't lift the right buttock; both buttocks remain settled. Then the torso turns to the right, head to the left. Inhale well, exhale well. I don't go to my maximum. I do it two or three more times. I return to the center; the arms slide down, hands settle. I can let the back collapse. Take a moment just to feel what's happening.

And I'll come onto all fours. Hands under shoulders, shoulder-width apart. Knees under hips, hip-width apart. Sensitivity of the wrists, shoulders, elbows, knees. I'll bring more presence to the left hand and left knee, and I'll move the right foot toward the right (heel more or less at knee height). The whole sole of the foot is well on the ground. Observe the breath. After the exhale, during the empty pause, I turn the torso, extending the arm upward, unfolding toward the right and toward the sky. The movement comes from the center—our center. After the next exhale, maybe I can unfold even more. The head either looks at the arm/hand or looks in front. Abdominal muscles slightly engaged. Don't pull on the shoulder or arm; it's the torso unfolding. I return to the table position. Feel your reactions. I'll extend the left leg toward the left, foot flat on the floor. Four counts of breath. After the exhale, during the void, open the left arm. Don't pull on the arm; adjust the head. The movement is born from the breath. Keep the abdominal belt slightly supported. After the exhale, maybe I can open a bit more. Abdominals, perineum... fine. I return.

We'll continue, but we'll make it a bit more intense. Either repeat what we just did or see if you can do the following: Move the knees a bit further back from the hands. Tuck the toes of the left foot. Right leg to the right, foot flat. This time, we lift the arm but also lift the left knee, extending the leg, turning the torso toward the right and toward the sky. Abdominals tucked, slightly engaged. Don't stay too long if it creates too much tension. I return. More presence on the right. Extend the left leg to the left. Tuck the toes of the right foot. Lift the knee, extend the left leg, unfold the torso to the left and toward the sky. See if your shoulder is too sensitive for this. I return. I'll sit on the heels. Let the buttocks liquefy into the earth. Let the whole front of the body unfold, the navel moving away from the pubis. The chest gently clearing. The coccyx extending into the earth, the crown of the head extending toward the sky. Feel the two directions.

In the sitting position, legs crossed. If you can do without a support, it's preferable, but do what you need. Entrust yourself to stillness.

Thank you.