

In Praise of Slowness: Seated Wide-Legged Forward Fold

Hello! Today we'll do an exploration seated. The proposal is to feel deeply the posture and let it fulfill itself; only taking the necessary time can we achieve it.

It's a praise of slowness too, to connect with that feeling that's always there, without effort. I wish you a beautiful exploration.

We begin with legs separated as much as possible. Initially, let resistances and tensions dissolve from global sensation of body.

Do you feel the contact points? Heels very alive on floor, softness under calves, back of thighs and pelvis. Everything deposits tranquilly, without retaining anything.

We place palms of hands in front of us. Feel tactility of hands and legs in midst of global body sensation. We evoke that trunk leans forward to cover floor.

Let this invisible posture manifest for an instant. Then allow sensation to rise, energy body return to vertical, and observe physical effects.

From that feeling, let sensation drag the physical body. Hands slide, but arms don't pull. We lean from pelvis, pivoting on femur heads.

If necessary, you can bend knees. Feel muscular reactions, but never reach pain. If there are resistances, let breath settle; let body tell you how far to go, without effort to reach anywhere.

Reaching your maximum, allow breath to emplace tranquilly. Don't fix on tensions; constat their presence in global sensation. We stay a moment: feel tense and relaxed, all's well.

Evoke that soles of feet push lateral walls and bust covers floor. Feel that you're seated on front part of isquiones. Let bust re-rise, maintaining that support.

Feel verticality and reactions: deposit of legs, flow of breath. From navel, we turn whole bust towards right leg. Let leg's sensation awake and how its energy irradiates in space.

Anterior face of body also awakes and both energy fields meet. We lean toward right leg to cover it. Working energy, resistances dissolve.

Relax belly, chest, head; shoulders flow toward hands. How does body breathe? Is it free?

Abdominal belt's well alive. I don't know, I let body respond. On exhale, bravo!, I wait for body's call to inspire. Repose.

I come to place right forearm (and elbow) on floor, in front of leg. If you're not so flexible, simply support back of hand with elbow lifted. Left hand on left hip and trunk pivots left.

Keep legs well deposited; you can bend knees a bit if needed. Turn head right with chin tucked to align cervicals, and then rotate everything left.

Take time to inhabit posture. Stay some instants with breath's sway: can I let myself be both by tension and relaxation? Everything welcome. Does breath flow alive and free? Feel how body pivots a bit more left with time.

Now, support right palm on floor. Left arm deploys toward sky and chest follows pivoting. After inspiration, I press floor with right hand and push lateral walls with soles.

Left hand traverses sky. On exhale, relax stretch a bit. Repeat some times: on inhale after pause, body deploys in all directions. Hands, feet... everything expands.

Relax arms, frame right leg and rise again. Bust returns to center to feel reactions: tinglings and abundance of sensations. Let body express itself.

With flexibility gained in right hip, return to turn toward that leg. Take left hand to exterior of right foot (or floor near you) and back of right hand to back.

We pivot in twist. Let breath occupy whole space and legs melt with floor. Feel spiral in back; adjust head with small movements to follow rotation.

We return to center. Arms and hands soft. Feel effects: posture acts in you while remaining completely passive. Breath's sway happens alone.

From navel, we turn toward left leg. Navel, bust, face and arms frame left leg. Verify legs melt with floor; retain nothing.

On inhale, a wave rises from pelvis to throat; on exhale, wave descends. Let leg's tactility awake and its energy field irradiate environment. Feel sensitivity in front of body.

Let bust cover leg, dragged by union of these fields.

Release belly, chest, head. Soften and release under legs. Shoulders flow toward hands and these toward floor.

Let yourself be done by inspiration and exhalation; repose after each.

We place left forearm in front of leg, palm to sky. Right hand on hip and bust pivots right. Does breath flow freely? Bust clears. Keep neck aligned with back.

Verify cervicals are free rotating head both sides and accommodate in twist sense. Inhabit posture with alive breath.

Now, pose left palm on floor and push slightly; right arm deploys to sky. Chest opens. After inhale, we press with left hand, soles push walls and right hand traverses sky.

Feel all directions. On exhale, relax a bit. Repeat some times. On inhale, body deploys in all directions. Feel effects: tense and relaxed are welcome. Only perceive.

Relax arms and let bust abandon over left leg.

Let bust return naturally to center. Feel explosion of sensations.

With pelvis already more liberated, we take right hand to exterior of left foot (or floor) and back of left hand to back. We pivot in twist left.

You can bend knees if easier. Listen to body to see how far to reach, without forcing. Slacken. Bust rises. Hands, shoulders, all relaxed.

Maybe you can open a bit more legs without generating new tensions; if some resistance remains, let it dissipate with time from global sensation.

We sweep floor to sides with hands caressing legs inside and outside; it's very sensual. Slide hands back and support them at pelvis width. Let chest awake.

Sit on front part of sit-bones. Take awareness of right flank and left flank. Put fingers pointing back and thumbs forward, supporting you on root of fingers.

As elbows retreat, evoke that bust opens in middle by front. Let back of head irradiate energy and drag head back in long, horizontal then circular displacement, as if absorbed by back.

Shoulder blades together, shoulders and jaw relaxed, empty face. Observe breath as caress: rises from pelvis on inhale and flows down on exhale.

Feel pressure between shoulder blades; you can approach hands more. On inhale, attention absorbed in shoulder blades.

On exhale, feel a fountain that gushes from chest forward; as if body were a magnificent fountain of youth.

We return. Bust, head and hands return to center. Let yourself be done by reactions: feel the alive, the sparks. You have nothing to do; body breathes and expresses alone. You're completely passive.

Roll on posterior part of sit-bones, rounding back: coccyx, sacrum, lumbar. Let feet caress floor to cross easiest way. Legs cross.

Pelvis bascules forward again, chest clears from digestive paths and shoulders flow toward hands. Summit of skull seeking sky, just over coccyx.

Pose back of right hand in palm of left and deliver yourself to tranquility.

Thank you.