

# Forward Fold

- Perform Standing Stabilization - feet about 4 to 6 inches apart and pointing straight ahead with your weight distributed evenly on both feet, shoulders down and back, pubic bone up, abs long and tight, chest up, ribcage back to spine, neck back and in



- Bend forward as if to touch your toes, allowing your back to round. Do not reach for the floor, simply come to a comfortable stop with your back rounded.



- Bend your knees so that the knees extend out to the level of your toes.



- Place your hands on your legs just above the knees with your elbows at your side.
- Perform the “Rock and Roll” with pelvis ending in forward position. This straightens or flattens your back. Gently lift the chest but not too high. Be mindful of Tensegrity (eg. shoulders, pubic bone, abs, chest and ribcage). Simply feel your back straighten. *Head should not pull back, chin stays in.* As your back straightens and flattens you should notice that your hips roll in toward each other.



- Now, let your arms and head drop forward again as if to touch the ground as you allow yourself to bend forward from the hips. This tends to allow a nice stretch of the lower back.



- Place your hands back on your legs just above the knees and once again straighten your back by arching your low back forward and gently lifting your chest.



- Fold forward again and see how far you can straighten your legs without losing the “forward fold at the hips”



- Place hands back on the legs just above the knees and flatten the back again.



- While maintaining the “flat back” positions, tighten your stomach in both the long and short position while maintaining the flat spine.
- Extend arms out to your sides with palms facing up and gently bend the legs and come slowly up to standing, aware of the principles “Standing Stabilization.”

