

*Sexual Athletics 101*  
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## ***How Best to Learn the Somatic Exercises***

To be effective, the somatic exercises require concentration, care, and undistracted time. Spend about a week with each of the exercises. Learn them. It's o.k. to sample the later exercises if you're curious, but for learning purposes, stick to one exercise at a time.

Audio-recordings of the exercises will help the learning process of those who learn best by hearing.

The meaning of the instructions becomes clearer with experience. Always do them in an exploratory way. There is an unsuspected depth in you, and the more you do the movements, the more you will discover. These exercises are more than they may seem to be.

To get the most benefit from an exercise, go slowly enough to sense the movement as you do it, using just enough effort to sense the movement, and using only the muscles needed to accomplish each movement. That way, you will continually uncover patterns of tension you have held without awareness and be able to release them into a greater control and freedom. Practically speaking, the first time you do a movement, you are likely to need more effort to sense muscles than you will with subsequent repetitions. Use as much effort as needed to get a sensation (within your comfort zone), then decrease the amount of effort as your ability to feel muscles awakens. Soon, you will be able to distinguish the muscles that are essential to the movement and to use only those.

To repeat, as you start a movement in an exercise

- Notice the first sensation of effort as you move from rest into action.
- During the contraction phase of a movement, hold the contraction long enough for the feeling of the contraction to “set in”. During the relaxation phase, relax slowly; the relaxation phase, done slowly, produces significant improvements in muscular control.

- As you end a movement, notice the last sensation of effort as it disappears into rest.
- Always relax completely between repetitions of a movement. Allow time.

The earlier sessions prepare you for those that come later. To start, do one new session several times within a week until it's very familiar to you. After you've done all the sessions, you may start over, review the ones you like best, or master those in which you know you can improve. You will probably find it beneficial to spend five minutes a day reviewing the exercises in the order in which they appear, here. You may be surprised at the new improvements you get with each pass through.

If an exercise seems too difficult or feels painful, go more slowly and more gently. If you haven't spent enough time with an earlier exercise, you may need to go back to an earlier session to prepare yourself better.

The somatic exercises often have several parts, which you add together for greater potency. The simplest steps of the movement are numbered. More advanced additions to movements appear as follows:

## 1. (main instruction, basic level)

⇒ 2nd level ⇒ additional  
movement cue  
(intermediate level)

⇒ 3rd level ⇒ additional  
movement cue  
(more advanced level)

Adding the more advanced parts makes an exercise more potent, provided you are doing the basic part correctly. For that reason, it is necessary to rehearse the basic part until you can do it easily, before adding the more advanced parts.

After you have learned the movements of a session, refer to this guidebook to refresh your memory of the finer nuances of the movements, which boost their effectiveness.

Significant results come relatively quickly from doing the somatic exercises. Make them part of your daily regimen. You enjoy a growing mastery of your own physical (and mental) processes in the sexual act.

## Potent Tips

### The Feeling is the Thing

Unlike most systems of exercise, the essence of the somatic exercises is the sensations they produce, particularly during *the slow relaxation phase* of each exercise. The deeper changes occur during the relaxation phase.

### The Whole Body Yawn

Yawning is relaxing -- but it's not an *attempt* to relax.

Next time you yawn, notice what's happening. You're not relaxing the muscles of your mouth and neck; you're tightening them! It's afterward that you experience relaxation.

This is an important clue. You are experiencing a basic way we operate. To relax, we must be reminded of the difference between tension and relaxation. We must feel the difference. Yawning does that.

This process of tension/relaxation can be applied systematically to the whole body. The movement maneuvers given in this program do exactly that. They involve very much the same slow quality of tension and relaxation as yawning does – and they produce a similar result: relaxation, greater freedom of movement, and recovery of our energy from wasteful habitual tension.

Now, this matter of “the whole body” yawn is relevant to the way this program of exercises operates. Consider: where moving at balance is concerned, the whole body is involved. Any movement requires adjustments of the entire musculature for balance to be maintained. We move as a whole body. The exercises presented in this book systematically address various aspects of the whole body as an integrated movement system.

Doing movements in slow motion for the feeling they produce is the key to somatic exercises. The changes in muscular responsiveness occur during the

relaxation phase of these movements, which is another reason to do them slowly.

### **Pace Yourself**

Doing things at the usual speed, we tend to do them in the usual way.

The whole point of these exercises is to do something in a new way: to change how we move and feel.

You may have noticed that you can't see much detail in things that are moving quickly; it's much easier to see the details of things that are holding still or moving slowly.

The same is true of body-sensations.

In the case of the somatic exercises, the slower you move, the more time you have for details to "fade in" to your perception. As you slow down and pay attention to the sensation of movement, you feel more and have better control of movement.

*Slowing down* is a basic key to enhancing sexual pleasure.

As you do the exercises slowly, you may even discover that you are holding tension that directly interferes with the movement you are doing. At that point, you can release the interfering tension. As you do, you will notice your movement getting smoother, feeling more elegant and under your control.

Go slower with each repetition, maintaining the smoothness of the movement.

At the beginning of this explanation were the words, "The whole point of these developmental exercises is to do something in a new way: to change how we move and feel." These words are, at this moment, an abstract generality to you; they don't have much meaning. Their meaning will be obvious once you experience results from the developmental exercise exercises.

Here's another set of words that will have meaning once you start the developmental exercise exercises: INTEND, ALLOW, DO.

That means, "Know exactly what you INTEND to do, get the distinct feeling of ALLOWING yourself to do it (relax into doing it), and then, DO it.

### Why "Gently"?

Going gently calls for you to develop more care and awareness of what you are doing. So going gently is not being lazy, nor is it a sign that you are weak. It is a way of operating more carefully and attentively, and it is particularly valuable when confronting a challenge. It is a way of working smarter, not harder.

In the sexual act, going gently sets the threshold of sensation at a low level. That means that sensitivity is increased.

### How to Get Supple

A major cause of stiffness is tight muscles. Seeking a way out of stiffness, many people stretch. However, a more effective approach is available.

Concerns with stretching muscles point to one key observation: muscles get shortened.

The key question is, "Why?"

The nervous system controls the muscular system. Muscles have no control of their own. The obvious conclusion to draw is that muscles get shortened because the nervous system is stimulating them to contract.

That being the case, how can someone's being stretched (or adjusted or massaged) by someone else possibly change the person's way of controlling their own muscles? How can a person internalize the change merely by being manipulated from outside? To internalize a change requires learning (to do for oneself), the need for which is neither recognized nor intended when being stretched by another. The changes that result from stretching are therefore generally unpredictable and unstable.

As a result, people return, by tendency, to the level of tension (or shortening) they experience habitually.

Athletes and dancers attempt to stretch their hamstrings (along the backs of the thighs), for example, to avoid injury. "Attempt" is the correct word because stretching produces only limited and temporary effects, which is one reason why so many athletes (and dancers) suffer pulled hamstrings and knee problems.

Clearly, whatever benefits stretching confers, it has some significant drawbacks.

As anyone who has had someone stretch their hamstrings (or any other muscle) knows, forcible stretching is usually a painful ordeal. Because muscles cannot relax and lengthen beyond what the conditioned postural reflexes permit, attempts to stretch muscles work against those reflexes. Someone stretches their muscles. The muscles resist. It hurts. Afterwards, the muscles feel weaker. So they tighten up, again. This return of muscular tension (controlled by conditioned postural reflexes) makes repeated stretching necessary.

Fortunately, there is a way out of this situation, another way to deal with muscular tension than by stretching. To understand how it works, we must first start with the recognition that muscles that need stretching are usually holding tension -- that is, they are actively contracting. The person is holding them tense by habit, usually involuntarily and without awareness.

Oddly enough, if you try to relax muscles that are habitually tight, using an act of will, you are likely to find that your ability to do so is limited; you cannot relax past a certain point, even with special breathing, visualization, or other non-learning based techniques.

At that point, you may assume that those muscles are completely relaxed and need stretching. You may not recognize that you are contracting "on automatic" due to postural habits stored in your brain.



Any attempt to stretch them simply re-triggers the impulse to re-contract them to restore the sense of what is “familiar”. That is why muscles tighten up again so soon after stretching or massage.

### **What Works Better**

... is to shift the “tension-set-point,” the tension-level you’re used to. To change the set-point requires more than stretching or massaging; it requires a learning process that affects the brain, which controls the muscular system. Such a learning process is referred to in some circles as “somatic training.” Somatic training enhances your ability to feel your body from within; the brain “wakes up” and its ability to control muscular tension, relaxation, and coordination is enhanced.

- **Always work within your comfort zone: *the degree of sensation you can experience without fear or cringing.***
- **Begin with the amount of effort needed to feel a sensation and *reduce to the least effort you can feel.***
- **Learn the parts of multi-part movements, put them together, and coordinate all the parts so they begin and end together.**
- **Be sure to relax *completely* between repetitions.**
- **To repeat, be sure to relax *completely* between repetitions.**

## How It Works

By deliberately contracting already-contracted muscles, using patterns of movement that duplicate the habitual tension pattern, these exercises send a strong sensory signal to the brain, a signal that wakes up (or refreshes) the related nerve pathways. By releasing the contraction in slow motion, you re-awaken your brain's ability to control the amount of muscular tension.

Slow motion gives a clearer and more complete body image and is the key to developmental exercises and to any other learning process where details make a difference.

Significant results come relatively quickly from doing somatic developmental exercises, and when they do, the benefits are durable, feel second-nature, and require no special attention during ordinary activities.

To avoid accumulating tension from stress responses in daily life -- or from repetitive use of certain movement patterns -- it is good to include a few minutes of these exercises in your daily health regimen. Continuing to do them produces cumulative improvements. With the looseness that develops, you are likely to develop a preference for somatic developmental exercises over stretching.

To change your set-point requires something different than stretching or massaging -- that you improve your muscular control, This program causes that kind of improvement.

All of the exercises in this book consist of a contraction phase and a slow relaxation phase. As you do these exercises,

- **Contract your muscles slowly enough to feel the *first sensation of effort*.**
- **Let the sensation of effort “set in” before you go into the relaxation phase.**
- **Relax slowly enough to feel the effort smoothly decreasing.**
- **Keep your attention at the place where you first felt the sensation of effort as you go through the movement, from contraction to relaxation.**

## ***A Final Word Before Getting Started***

You should know that there is a possibility of some soreness appearing once you have started working with the exercises. Don't worry. Soreness is a normal, but temporary, outcome for a certain percentage of people. It passes by itself in a day or so. If you do get sore, give yourself a rest for a day, then continue practicing that exercise sequence.

I present these exercises in a specific sequence; each exercise builds upon the gains produced by those that came before. Don't be hasty in progressing from one exercise to the next; be thorough and patient. You need the results from the earlier exercises to get the best results from the later exercises.

You may wish to have a partner read the instructions to you. Having the instructions read to you helps you to go more deeply into the sensations these exercises produce. To record onto audiotape may seem an attractive option for some. Understand that with these exercises, timing is all-important, and there is an art to producing pre-recorded verbal instruction in such a way that the instructions don't interfere with your timing. If you want to try recording the instructions, go slowly enough to allow yourself to feel the muscular efforts involved. However, to have someone read the instructions aloud is generally better.

## How to Do the Exercises

Do the exercises at least once each day. Twice is better -- once in the morning and once in the evening: before dinner, after dinner, or just before going to bed. That way, you set the tone for your day and for your night. Set up a place where you will be undisturbed and lay out a mat or blanket on the floor to make a softer surface. A bed is often too soft a surface to get the quality of sensation needed for these exercises to be most effective.

The hardest part of this program will probably be to get started. So, begin the program immediately by reading *Self-Assessment* and *Preparatory Learning*. Then do the exercise. It will take you about five minutes.

As a general guideline, spend at least one week with one exercise, done thoroughly many times until you get a clearly discernable result, before moving on. These exercises have a depth that is not achieved in one or two performances. More performance brings more results; there is an unsuspected depth in these exercises and in you.

## The Special Use of Language for Learning Somatic Exercises

In the instructions, certain terms have specific meanings. So you have an easier time understanding the instructions, I define these terms, below. To understand them once is sufficient -- so take your time to understand them.

up = away from the ground, against gravity

down = toward the ground, giving in to gravity

out = away from the center of your body

in = toward the center of your body

forward = toward your front

backward = toward your back

underside = the side on which you are lying or sitting

topside = your uppermost side in relation to the Earth

slowly = slowly enough to feel your movement continuously as you move

gently = two "degrees of control" less than your full strength

smoothly = without sudden movements, jerkiness, or loss of control

where the movement comes from = as you move, the location of the most vivid sensation of muscular contraction, as revealed by the sense of effort.

push = to exert a force away from you

pull = to draw something toward you

Pause in place = Stop moving and stay in position.

Pause and feel. = Stop moving, and in the position you are in, feel your muscles at work.

Feel what's working. = Feel which muscles are working by the sense of effort.



## Preparatory Learning

### STARTING POSITION:



- **lying on your back**
- **knees up, legs balanced (upright) leaning neither in nor out**
- **arms loosely at your sides**

1. Bring your attention to your breathing.



2. Bring your attention to your throat behind your nose.

*The location is not in your nose or in your nostrils, but in your throat above your soft palate.*



---

*Move slowly enough to notice the **first** sensation of effort, in an easygoing, feeling way.  
Never force or cause yourself to cringe. If a movement hurts, use less effort.*

---

3. Feel your throat  
(behind your nose)  
cool with inhalation,  
warm with  
exhalation.

*You have located the  
place where your head  
rests upon your topmost  
neck vertebra, on the  
inside. In the following  
exercises, this place is  
called, "the place behind  
your nose."*



4. Gently press the  
back of your head  
down onto the  
surface, and hold.

---

*Move slowly enough to notice the **first** sensation of effort, in an easygoing, feeling way.  
Never force or cause yourself to cringe. If a movement hurts, use less effort.*

---



5. While holding, slowly tilt your head back (chin up) and feel where the tension goes, in your neck.

*Pay special attention to the place behind your nose.*



6. Still holding, slowly tip your head forward (chin in toward your throat) and feel where the tension goes.

*Notice that the place behind your nose opens up, then closes down as you continue to tuck your chin toward your throat.*

---

*Move slowly enough to notice the **first** sensation of effort, in an easygoing, feeling way.  
Never force or cause yourself to cringe. If a movement hurts, use less effort.*

---



7. Still holding, tip your head back and forward to find the position where the place behind your nose feels most open.

*That is your working position for all cases where the instructions state, "Feel the place behind your nose."*

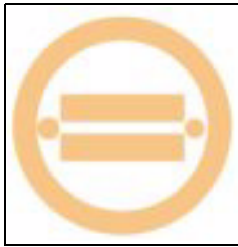
## ***Special Technique: Muscle Equalization***

### *Why Equalize Muscular Efforts?*

The procedures that follow have a very interesting feature: they involve equalizing the tension and sensation of muscles in two or more areas at once.

Why equalize tensions? It unlocks habit patterns.

A very odd thing happens when muscle groups that ordinarily work together get conditioned to maintain unequal degrees of tension. They get stuck in unequal degrees of tension! That means that as soon as one group goes below its usual degree of resting tension, its co-worker group, which may already be at too low a level of tension for postural stability, goes even lower. For the sake of stability, the brain brings the too-low group back up to a higher level of tension, which brings its co-worker group back to where it started.



THE "EQUALIZE" ICON

It's a stuck situation.

The solution is to link the two groups together in a single action and to bring them to comparable levels of tension and sensation.

That's what the following coordination patterns do.

- **Begin with the amount of effort needed to feel your effort and, with each repetition, *start with the least effort you can feel.* Work toward “gentle.”**
- **Go slowly enough to feel tension increase or decrease.**
- **Be sure to relax *completely* between repetitions.**
- **To repeat, be sure to relax *completely* between repetitions.**



THE “FEEL” ICON



THE “EQUALIZE” ICON

## ***The Cadenced Breathing***

In this exercise:

- You inhale fully and exhale fully.
- You contract your orgasm muscles fully and relax them fully.
- You coordinate the movements of your orgasm muscles with your breathing.
- You steady your attention for a moment (observe a moment of silence) before switching from inhalation to exhalation and from exhalation to inhalation.

You are developing freedom and control, plus the ability to give yourself rushes of sensation that add to the pleasurable results of these exercises.

**NOTE: Start this movement slowly and build up speed as you go.**

**If you get lightheaded, rest for a few seconds and go more slowly.**



**STARTING POSITION:**

- lying on your back
- legs outstretched and slightly separated
- arms loosely at your sides
- **NOTE: Empty your bladder and bowel before doing this lesson.**



**improving the control of your attention, breath, and movement**

1. Take a slow, deep breath and pause.
2. Slowly exhale and pause.

---

*Move slowly enough to notice the **first** sensation of effort, in an easygoing, feeling way.  
Never force or cause yourself to cringe. If a movement hurts, use less effort.*

---

*Notice that you can hear your  
breath.*

*The idea is to pause long enough to  
hear a moment of silence between  
inhalation and exhalation and  
between exhalation and inhalation.  
Do that now.*

3. Slowly inhale fully, listening to  
the sound of your breath.
4. Pause for long enough to  
hear a moment of silence.
5. Slowly exhale all the way  
empty, listening to the sound  
of your breath.
6. Pause for long enough to  
hear a moment of silence.

**Repeat a few times until you smooth your breathing out. You've  
just learned the pace of breathing we use for this entire exercise.**



Now, we add something: control of your orgasm muscles.

The muscles you use to control urination and bowel movements are the same muscles involved in the pleasurable pulsating, squeezing spasms of orgasm.

First, practice gaining some control those muscles.

**Locate the those muscles by contracting and relaxing them.**

1. Tighten them slowly.
2. Relax them very slowly and smoothly.

*Slowly and strongly is better than quickly and strongly.*

3. Slowly tighten your orgasm muscles to full contraction and hold.

*Steady the grip of holding until the involuntary tendency to relax them subsides. Steadiness is strength.*

---

*Move slowly enough to notice the **first** sensation of effort, in an easygoing, feeling way.  
Never force or cause yourself to cringe. If a movement hurts, use less effort.*

---

⇒ 2nd level ⇒ *Contract the soles of  
your feet (make fists of your feet).*

4. Relax all efforts slowly and smoothly.

**Continue until you have improved the smoothness of control and strength you have in those muscles.**

**Now, let's add the breathing.**

1. Slowly inhale and pause, as before. Hear the silence.
2. As you slowly exhale, slowly contract the spincter muscles.

*Synchronize the contraction of your orgasm muscles with your exhalation so you are fully contracted when you are fully exhaled.*

3. Pause for a moment. Hear the silence.
4. Slowly inhale and release your orgasm muscles at the same speed as your inhalation.

*When you have fully inhaled, your orgasm muscles are fully relaxed.*

**Repeat this synchronized action until you have smooth control -- or at least some improvement for this practice session.**

---

*Move slowly enough to notice the **first** sensation of effort, in an easygoing, feeling way.  
Never force or cause yourself to cringe. If a movement hurts, use less effort.*

---

## **Now, we add a special breathing process.**

1. Do a series of six synchronized breathings with the orgasm muscles. At the end of the sixth, hold your breath.
2. Contract your orgasm muscles.

⇒ 2nd level ⇒ *Contract the soles of your feet (make fists of your feet).*

3. Swallow.

*Feel the wave of swallowing go down to your stomach.*

---

*Move slowly enough to notice the **first** sensation of effort, in an easygoing, feeling way.  
Never force or cause yourself to cringe. If a movement hurts, use less effort.*

---

4. As soon as you feel the wave reach your stomach, slowly relax your belly, orgasm muscles, feet.

*You may get a rush of energy that softens you up -- or that blasts you out of your mind. Relax into it and enjoy it.*

5. Exhale slowly.

*As you practice working with your orgasm muscles, you will notice heightened energy and mental clarity.*

**Repeat as many times as you are comfortable doing this maneuver.**

## *Wriggling*

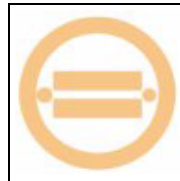
HOW TO DO THE DANCE



- **Begin with the amount of effort needed to feel your effort and, with each repetition, *start with the least effort you can feel*. Work toward “gentle.”**
- **Notice the first place that tightens. You may need to contract and relax a number of times to feel it. Feel there continuously through the movement.**



THE “FEEL” ICON



THE “EQUALIZE” ICON

## Wriggling

In this movement:

- You place as much emphasis on lengthening one side as you do on contracting the other side.
- You coordinate the movements of your pelvis with those of your shoulders.

You are developing freedom of movement in both directions.

**NOTE: Use less than full strength; move in an easygoing way. Use the minimum effort necessary to get a sensation and reduce the amount of effort with each repetition.**

***If you cramp, use less effort and go more slowly.***



### STARTING POSITION:



- lying on your back, face turned to one side
- the arm of that side by your side, palm up
- the hand of the other side turned palm-up, resting near the top of your head, elbow down
- the bent-elbow-side leg straight
- the other leg bent, knee dropped to the side. The sole of the foot touches the side of the other knee.
- If necessary for comfort in your groin, place a pillow under your knee.

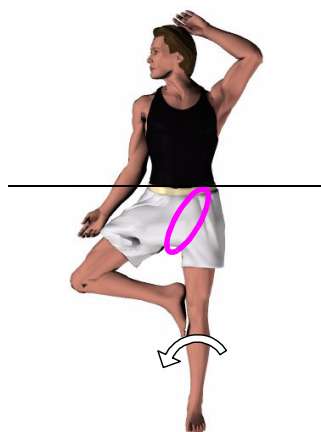


**Equalize the tensions of all movements being done at once. Exhale as you contract/tighten. Inhale as you relax.**

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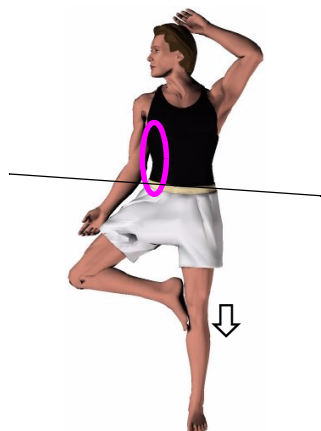
*Move slowly enough to notice the **first** sensation of effort, in an easygoing, feeling way.  
Never force or cause yourself to cringe. If a movement hurts, use less effort.*

---



1. Bring your attention to the straight leg.
2. Turn the foot toes-up toward the ceiling.

*Visually check foot position and adjust.*

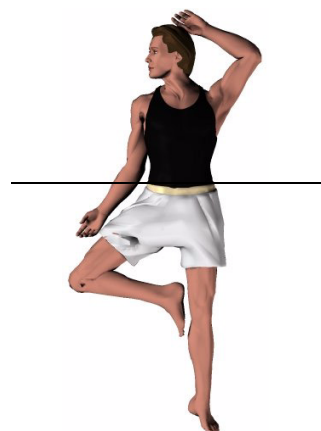


3. Reach long with that leg.



*Feel your waist on the opposite side contract.  
**Look there in your mind's eye.***

*If you can't feel the opposite side of your waist contract, hold your hand firmly against your hip as you reach with the leg.*



**NO EFFORT**

4. Slowly relax completely.

**Repeat a few times until you feel where your waist tightens. Then, continue to the next step.**



1. Bring your attention to the shoulder opposite the straight leg.

*You're looking over that shoulder.*



2. Pull the underarm toward your waist, where you felt it tighten.



*Cause your waist tighten in the same place. **Look there in your mind's eye.***

*You may notice that to move your shoulder causes you to lengthen your leg. Let it be so.*



NO EFFORT

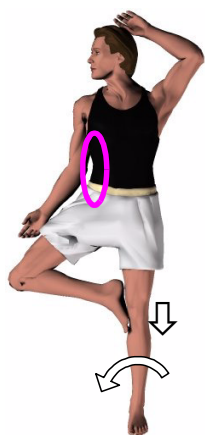
3. Slowly relax.

**Rehearse at least three (3) times until you feel the action at your waist.**

---

Move slowly enough to notice the *first* sensation of effort, in an easygoing, feeling way.  
Never force or cause yourself to cringe. If a movement hurts, use less effort.

---



**Now, we combine the two actions.**

1. Reach with the straight leg and hold.



Toes/foot upward. Feel it in your groin. **Look there in your mind's eye.**



2. Pull the opposite underarm toward your waist and hold.

Move your arm and shoulder as if you are reaching toward your knee (but palm-up).



NO EFFORT

3.  Balance the two actions.

4. Slowly relax completely.

**Repeat a few times at decreasing levels of effort.**

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Move slowly enough to notice the **first** sensation of effort, in an easygoing, feeling way.  
Never force or cause yourself to cringe. If a movement hurts, use less effort.

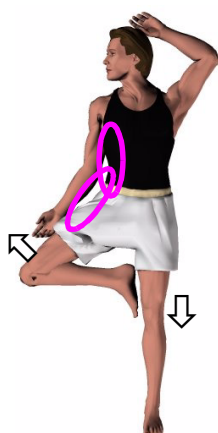
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1. Reach with the straight-leg side and hold.



Toes/foot up. Feel your waist contract on the opposite side. **Look there in your mind's eye.**



2. Gently tug the bent knee to the side and hold.



Feel it near your hip joint. **Look there in your mind's eye.**



NO EFFORT

3.  Equalize the two efforts.



Slowly relax.

Focus on the feeling of muscles relaxing.

**Repeat the action at least three (3) times at decreasing levels of effort.**

---

*Move slowly enough to notice the **first** sensation of effort, in an easygoing, feeling way.  
Never force or cause yourself to cringe. If a movement hurts, use less effort.*

---

**Now, we combine the three actions.**

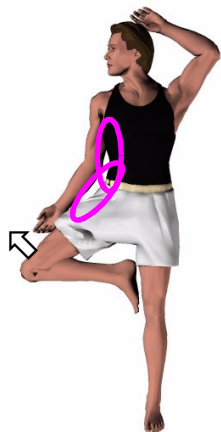


1. Reach with the straight leg side and hold.

*toes up*



2. Pull the same side underarm toward the tight spot in your waist and hold.



3. Gently tug the bent knee to the side and hold.



*Feel the action in your groin.  
**Look there in your mind's eye.***

---

*Move slowly enough to notice the **first** sensation of effort, in an easygoing, feeling way.  
Never force or cause yourself to cringe. If a movement hurts, use less effort.*

---



4. Pull the same side underarm toward the tight place *in your groin* and hold.

5. Exhale.



NO EFFORT

6.  Equalize all efforts.  


7. Slowly relax.

**Repeat the action at least three (3) times at decreasing levels of effort.**

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*Move slowly enough to notice the **first** sensation of effort, in an easygoing, feeling way.  
Never force or cause yourself to cringe. If a movement hurts, use less effort.*

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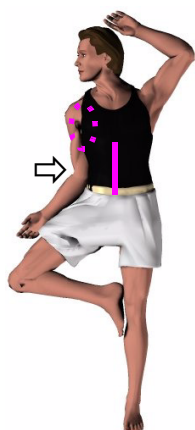
**Bring your attention to  
your straight arm.**



1. Pull your underarm toward your waist and hold.



*Feel how much sensation there is.*



2. Squeeze the elbow of that side toward your spine.



*Feel it in your spine and the back edge of your armpit.  
**Look there in your mind's eye.***



3. Shrug the other shoulder and hold.

*Cause your hand to creep about 1/4" toward the opposite side.*



---

Move slowly enough to notice the **first** sensation of effort, in an easygoing, feeling way.  
Never force or cause yourself to cringe. If a movement hurts, use less effort.

---



4.  Balance the two efforts.



Feel your whole torso shift.



NO EFFORT

5. Slowly relax.



Focus on the feeling of muscles relaxing.

**Repeat at least three times at decreasing levels of effort.**

---

*Move slowly enough to notice the **first** sensation of effort, in an easygoing, feeling way.  
Never force or cause yourself to cringe. If a movement hurts, use less effort.*

---



1. Place your attention on the bent-elbow shoulder.



2. Shrug that shoulder toward your neck and hold.



*Feel at the top of your shoulder and base of neck. **Look there in your mind's eye.***



3. Reach with the same-side leg and hold.



*Feel that side elongate. Feel the other-side waist contract. **Look there in your mind's eye.***

---

*Move slowly enough to notice the **first** sensation of effort, in an easygoing, feeling way.  
Never force or cause yourself to cringe. If a movement hurts, use less effort.*

---



4.  Equalize the two efforts.  




NO EFFORT

5. Slowly relax completely.

**Repeat a few times until you feel what the action does to the position of your torso.**

---

Move slowly enough to notice the *first* sensation of effort, in an easygoing, feeling way.  
Never force or cause yourself to cringe. If a movement hurts, use less effort.

---



1. Gently reach with the straight leg and hold.



Feel the opposite-side waist contract. **Look there in your mind's eye.**



2. Gently pull the palm-up underarm toward your tight waist and hold.



toward your tight waist and hold.



3.  Equalize the efforts.



efforts.

4. Gently tug the bent knee to the side and hold.



knee to the side and hold.



5. Gently pull the palm-up underarm toward the tight place *in your groin*, and hold.



6. Gently dig the same side elbow toward your spine and hold.



7. Gently shrug the other shoulder and hold.




⇒ 2nd level ⇒ Tighten your neck toward your shrugged shoulder.

---

*Move slowly enough to notice the **first** sensation of effort, in an easygoing, feeling way.  
Never force or cause yourself to cringe. If a movement hurts, use less effort.*

---



8.  Equalize the shrug and elbow-dig.



*Feel how all actions combine to flex you to the side -- a half-wiggle.*

9. Exhale and hold.

*Feel your front and side contract.*

10. Take a deep breath and hold.

*⇒ 2nd level ⇒ Do a set of cadenced breathing.*

11. Relax your chest; go soft. **Keep the breath in.**



NO EFFORT

12. Exhale and relax all efforts together.

**Repeat the preceding movement a few times until you have more of a feel for how all the actions combine.**

**Straighten out and compare your right side to your left side. Notice where they feel different from each other.**

**Then, switch sides and repeat the entire sequence for the opposite side.**

**Finally, lie on your back and practice wiggling side-to-side.**

**MORE ADVANCED OPTION:**

**Alternate sides. Start slowly with one repetition for one side, then switch sides for one repetition. Equalize the efforts of your two sides.**


**Advanced addition for alleviating neck tension:**

**At the step where all four extremities are involved...**



1. Tilt your head back to tighten the muscles of the back of your neck, and hold.



2. Turn your face to the side until you feel a  “lock” (or restriction to turning) in your neck. Stay there and feel the “lock.”
3. Take a deep breath and hold.
4. Relax your chest; go soft.



---

*Move slowly enough to notice the **first** sensation of effort, in an easygoing, feeling way.  
Never force or cause yourself to cringe. If a movement hurts, use less effort.*

---

5. Relax your neck.



6. Relax all other efforts.



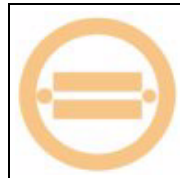
7. Exhale.

NO EFFORT

- **Begin with the amount of effort needed to feel your effort and, with each repetition, *start with the least effort you can feel.* Work toward “gentle.”**
- **Notice the first place that tightens. You may need to contract and relax a number of times to feel it. Feel there continuously through the movement.**
- **Go slowly enough to feel tension increase or decrease. As you *hold* tension, let the sensation of effort “set in” before you go into the relaxation phase.**
- **Be sure to relax *completely* between repetitions.**



THE “FEEL” ICON



THE “EQUALIZE” ICON

---

*Move slowly enough to notice the **first** sensation of effort, in an easygoing, feeling way.  
Never force or cause yourself to cringe. If a movement hurts, use less effort.*

---

## Twisting



### STARTING POSITION:

- lying on your back, face forward
- the fingertips of one hand touching your neck behind your earlobe
- the other arm straight with the hand resting on your groin
- The straight-arm side knee bent and turned out to the side. The sole of the foot touches the side of the other knee.
- other leg straight, toes up
- If necessary for comfort in your groin, place a pillow under your knee.

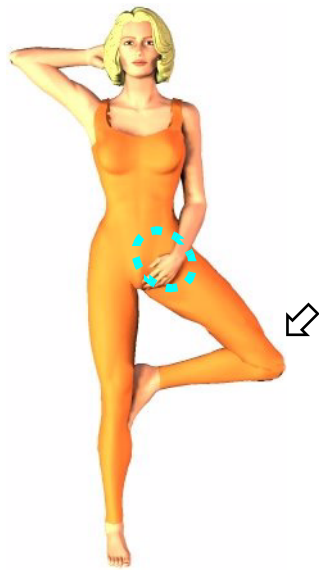


**Feel and reinforce the connection between the hip of one side and the shoulder of the opposite side.**

---

*Move slowly enough to notice the **first** sensation of effort, in an easygoing, feeling way.  
Never force or cause yourself to cringe. If a movement hurts, use less effort.*

---



1. Bring your attention to your bent leg.
2. Press the knee of that leg down into the surface.



*Feel your buttock contract.*

*⇒ 2nd level ⇒ Press the edge of the bent-knee foot into the surface.*



3. Slowly relax.

**Slowly relax completely and rehearse the movement at least three times until you can control the contraction of your buttock more smoothly. Then, relax.**

---

*Move slowly enough to notice the **first** sensation of effort, in an easygoing, feeling way.  
Never force or cause yourself to cringe. If a movement hurts, use less effort.*

---



1. Bring your attention to the bent-elbow shoulder.
2. Press your elbow and shoulder against the surface and lift your chest on that side.



*Feel the muscles between your shoulders contract, particularly on that side.*

*⇒ 2nd level ⇒ Press the back of the bent-elbow hand into the surface.*



NO EFFORT

3. Slowly relax.

*Relax **completely**.*

**Repeat this pressing/releasing action at least three (3) times until you can feel where the movement comes from and can do it slowly and with confidence.**

---

*Move slowly enough to notice the **first** sensation of effort, in an easygoing, feeling way.  
Never force or cause yourself to cringe. If a movement hurts, use less effort.*

---



1. Bring your attention to your bent-leg buttock.


2. Contract and hold.



*Feel how your pelvis shifts position (twists).*



3. Bring your attention to your bent-elbow shoulder.

4.  Press it down into the surface, lift your chest and hold.

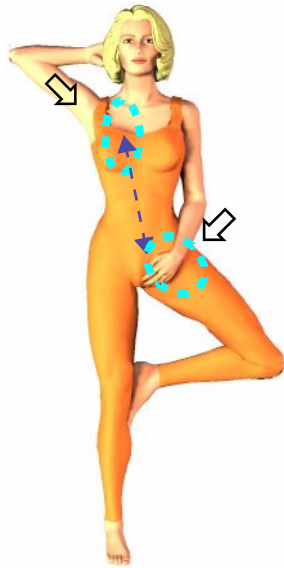


*Notice how pulling your shoulder down helps you to contract your buttock more strongly.*

---

*Move slowly enough to notice the **first** sensation of effort, in an easygoing, feeling way.  
Never force or cause yourself to cringe. If a movement hurts, use less effort.*

---




5. Relax your buttock and tighten your shoulder. Switch back and forth.



*Notice how tightening one affects the strength of the other.*



*Notice now the sensation moves up and down your spine.*

6.  Balance the efforts of buttock and shoulder.

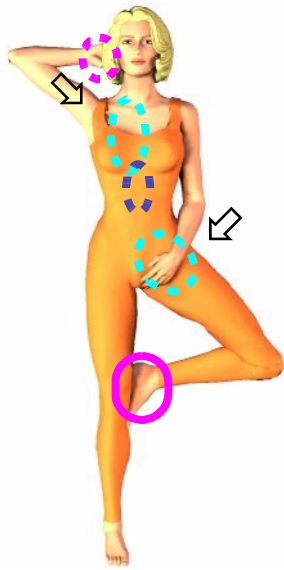


*Notice how the sensation centers in your back.*

---

*Move slowly enough to notice the **first** sensation of effort, in an easygoing, feeling way.  
Never force or cause yourself to cringe. If a movement hurts, use less effort.*

---



⇒ 2nd level ⇒ Press the bent-knee foot and bent-elbow hand and balance the efforts.

*Notice how the action affects your spine.*

7. While holding shoulder and buttock tight, take a deep breath and hold it.

⇒ 2nd level ⇒ Contract and relax your orgasm muscles a few times.

8. Slowly relax your belly, chest, and neck.



---

*Move slowly enough to notice the **first** sensation of effort, in an easygoing, feeling way.  
Never force or cause yourself to cringe. If a movement hurts, use less effort.*

---

9. Slowly relax all efforts.



NO EFFORT

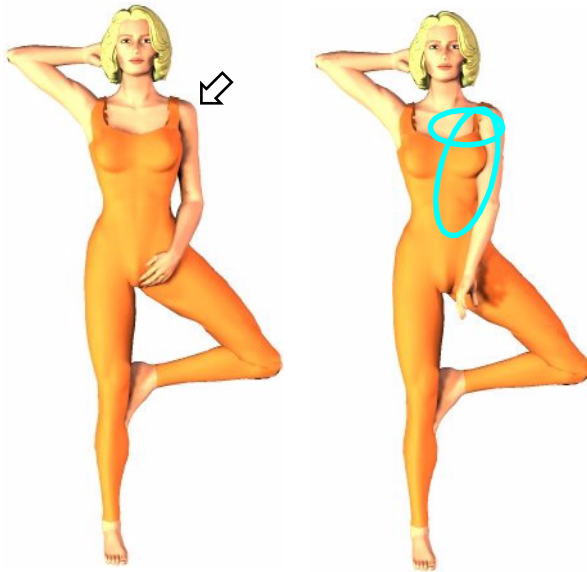
10. Slowly exhale.

**Rehearse the movement at least three (3) times until you get better at it.**

---

Move slowly enough to notice the *first* sensation of effort, in an easygoing, feeling way.  
Never force or cause yourself to cringe. If a movement hurts, use less effort.

---



1. Bring your attention to the straight-arm shoulder.

2. By twisting your arm elbow-out/back of the hand in, cause your shoulder to lift.



Notice that your chest sinks on that side.



Feel the muscles at the front of your chest and abdomen contract.



⇒ 2nd level ⇒ Tighten the bent-knee buttock.

Feel how tightening your buttock helps turn your straight arm inward.

---

*Move slowly enough to notice the **first** sensation of effort, in an easygoing, feeling way.  
Never force or cause yourself to cringe. If a movement hurts, use less effort.*

---

3. Exhale and hold.

*Feel the effect on the  
straight-arm side of your  
torso.*

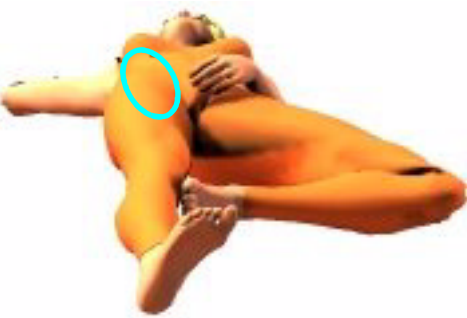


4. Slowly inhale and  
relax all efforts to  
come out of twist.

**Rehearse the movement at least three (3) times until you get better at it.**



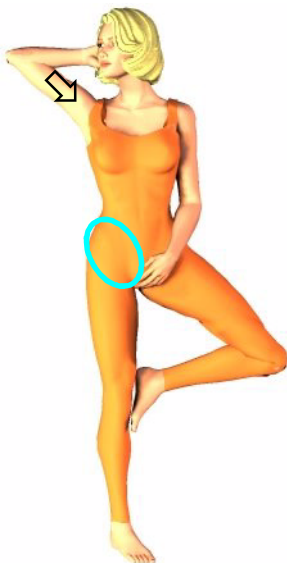
1. Bring your attention to your straight leg.



2. Roll the knee of that leg inward (e.g., left kneecap points right).

*Keep your knee and ankle straight.*

⇒ 2nd level ⇒ Press the bent-elbow shoulder down.



*Notice how your hip lifts and leg turns farther.*

⇒ 2nd level ⇒ Look over the shoulder of the leg you're turning.

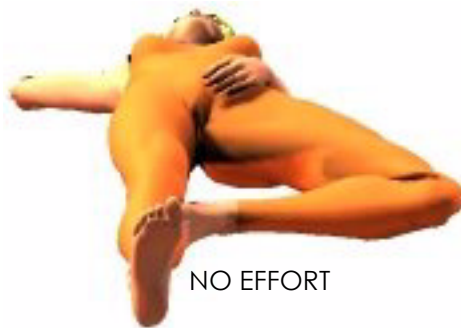


*Feel how looking there affects your ability to turn.*

---

*Move slowly enough to notice the **first** sensation of effort, in an easygoing, feeling way.  
Never force or cause yourself to cringe. If a movement hurts, use less effort.*

---



### 3. Slowly relax.

*Feel the last place in your groin that relaxes.*


**Repeat slowly at least three (3) times, noticing the *first* place in your groin that contracts and the *last* place that relaxes. Notice if you get a little farther, each time, without extra effort.**



1. Roll your straight-leg knee inward and hold.

⇒ 2nd level ⇒ *Straighten and stiffen the straight leg.*



2.  Twist your straight arm inward, so that you feel your shoulder lift and pull toward the tight place in your groin, and hold.



⇒ 2nd level ⇒ *Lock your straight arm and straight leg straight.*

---

*Move slowly enough to notice the **first** sensation of effort, in an easygoing, feeling way.  
Never force or cause yourself to cringe. If a movement hurts, use less effort.*

---



NO EFFORT

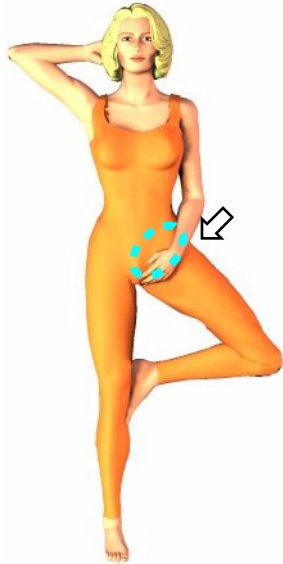
3. Take a deep breath and exhale.
4. Stay exhaled, and slowly relax all other efforts.
5. Slowly inhale.

**Rehearse this combination move involving your arm, shoulder and breathing until you get better at it.**

---

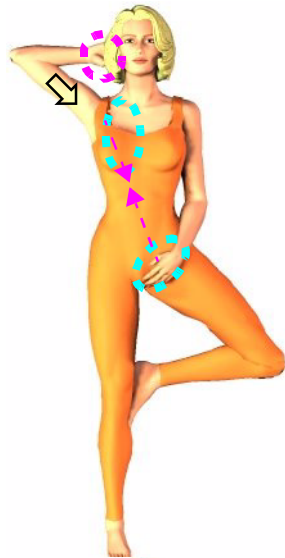
Move slowly enough to notice the *first* sensation of effort, in an easygoing, feeling way.  
Never force or cause yourself to cringe. If a movement hurts, use less effort.

---



1. Bring your attention to the bent leg.

2. Contract the buttock and hold.



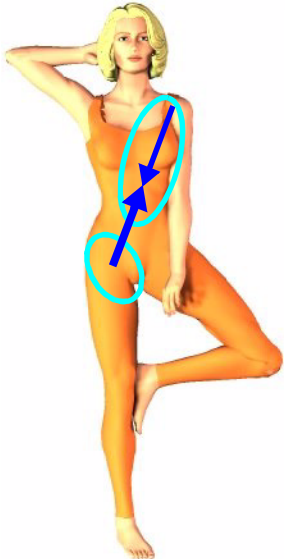
3. Press down the bent-arm shoulder, and hold.



*Feel the connection between shoulder and buttock across your back.*



4. Straight leg: roll the knee inward and hold.

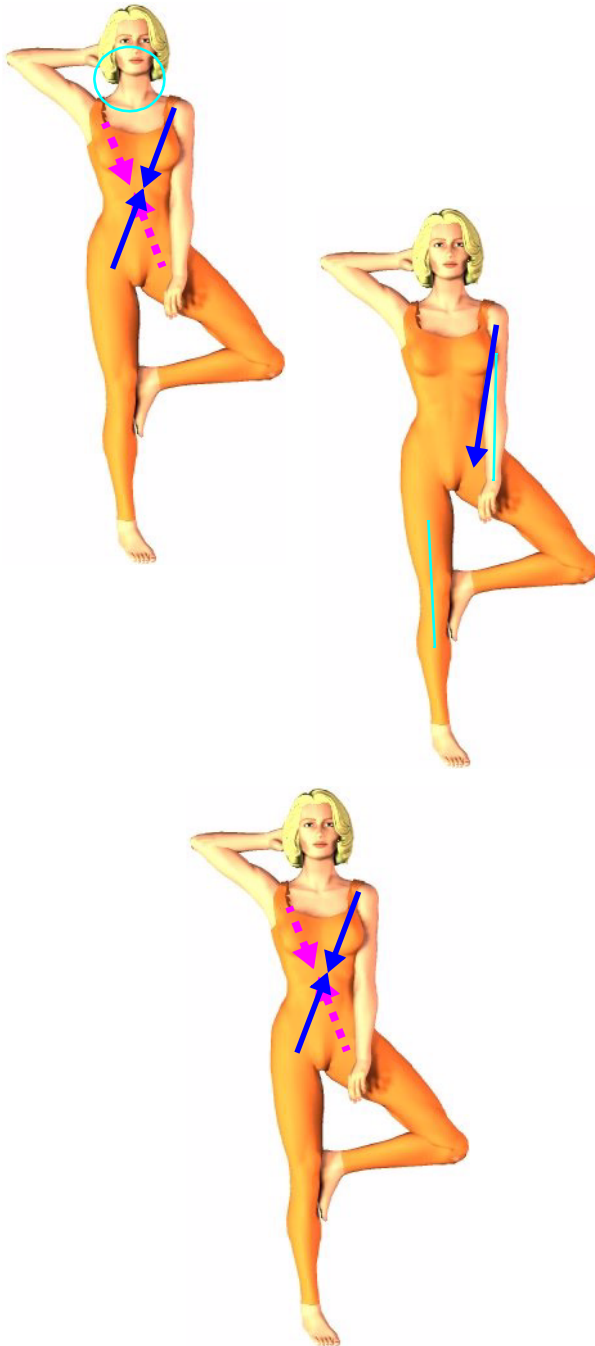




---

*Move slowly enough to notice the **first** sensation of effort, in an easygoing, feeling way.  
Never force or cause yourself to cringe. If a movement hurts, use less effort.*


---



5. Straight arm: twist and pull the shoulder toward your groin.

*You now feel a twist at your waistline.*

⇒ 2nd level ⇒ *Lock your straight arm and straight leg straight.*

6.  Balance the efforts of all four extremities by comparing one to the other.



*You'll feel one diagonal line of tension down your back and another diagonal line of tension across your front. Equalize them by balancing your efforts.*

---

*Move slowly enough to notice the **first** sensation of effort, in an easygoing, feeling way.  
Never force or cause yourself to cringe. If a movement hurts, use less effort.*

---

7. Relax your neck.

8. Take a full breath  
and hold.

⇒ 2nd level ⇒ *Contract  
and relax your orgasm  
muscles a few times.*

*Feel the inside of your  
pelvis and low back  
shift.*

⇒ 2nd level ⇒ *Do a set of  
the cadenced  
breathing.*



NO EFFORT

9. Relax all efforts while  
holding your breath.

10. Slowly exhale.

**Straighten out and compare your right side to your left side.  
Notice where they feel different from and similar to each other.**

**Repeat the entire sequence for the opposite side.**

# Spine Waves

## ***Freeing Your Pelvis***

One of the basic problems people have with basic pelvic movement is back pain from tight back muscles. Even without back pain, tight muscles interfere with movement, and some people have limited pelvic movement. If you're going to have freedom of pelvic movement, you need to be free of back tension and back pain.

This movement exercise improves your freedom of pelvic movement.

## ***Hidden Connections***

Among the body's parts, there are hidden connections, in which movements of one part elicit responsive movements of other parts. By moving both parts together and *feeling* the effort, we can reset muscular tensions that are otherwise habitual.

The following movement, **Spine Waves**, makes use of such hidden connections. By so doing, they produce some remarkable changes of freedom of movement for which there is no adequate substitute.

All of the coordination patterns in this book consist of a contraction phase and a slow relaxation phase. As you do these coordination patterns:

- **Begin with the amount of effort needed to feel your effort and, with each repetition, *start with the least effort you can feel*. Work toward “gentle.”**
- **Begin with the least amount of effort needed to feel your effort. You may need to contract and relax a number of times to feel it. Notice where you feel it. Feel there continuously through the movement.**
- **Act slowly enough to feel the *first* sensation of effort.**
- **Follow the instructions, but breathe when you need to!**
- **Let the sensation “set in” before relaxing.**
- **Be sure to relax *completely* between repetitions.**



THE “EQUALIZE” ICON



THE “FEEL” ICON

---

*Move slowly enough to notice the **first** sensation of effort, in an easygoing, feeling way.  
Never force or cause yourself to cringe. If a movement hurts, use less effort.*

---

## Spine Waves



### STARTING POSITION:


- **lying on your back**
- **knees up, legs balanced, leaning neither in nor out**
- **arms outstretched, hands in line with shoulders**

### IF NECESSARY FOR COMFORT,

- **place your hands on your belly**
- **place a pillow under your head or elbows**

The following movements are all preparations for freeing your pelvis and set the stage for what is to follow. The sequence is lengthy, but worth it.



**Find the place behind your nose whenever you see  .**

---

Move slowly enough to notice the **first** sensation of effort, in an easygoing, feeling way.  
Never force or cause yourself to cringe. If a movement hurts, use less effort.

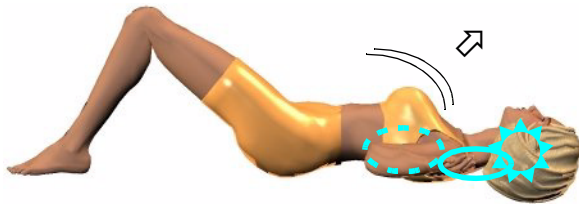
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1. Press your head down.



2. Turn chin up, and hold.



3. Inhale, lift your breastbone and hold.

*Feel the back of your neck and the muscles of your mid-back tighten. Feel your breastbone lift.*



4. Slowly exhale and relax all efforts. Breathe freely.

*Feel the back of your neck relax, your chest sink and your low back flatten.*



**Repeat until you feel the muscles of your mid-back contract as you lift your breastbone (about five (5) times at decreasing levels of effort).**

---

*Move slowly enough to notice the **first** sensation of effort, in an easygoing, feeling way.  
Never force or cause yourself to cringe. If a movement hurts, use less effort.*

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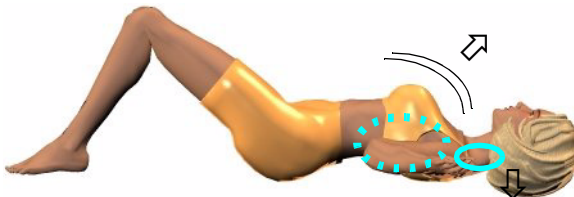
**This next movement improves your control over the muscles of your mid-to-upper back, resulting in relaxation, there.**

1. Press your head down, turn chin up, and hold.



*Feel the back of your neck tighten and shorten.*

2. Inhale, lift your breastbone, and hold.



*Feel the back of your neck and your mid-to-upper back tighten. Feel your breastbone lift.*

3. Equalize tensions at the back of your neck and mid-back.



---

Move slowly enough to notice the **first** sensation of effort, in an easygoing, feeling way.  
Never force or cause yourself to cringe. If a movement hurts, use less effort.

---



4. Slowly relax the back of your neck until tension moves to your mid-to-upper back. (Breastbone stays lifted.)



*When you feel tension or sensation in your back the most, hold that position until you feel the sensation shift.*



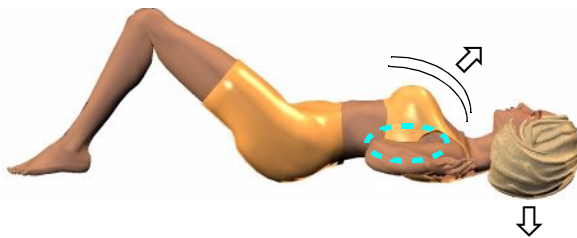
5. Slowly and together, lower your breastbone and relax your neck. Breathe freely.

*You may feel your back relax, lengthen, and flatten..*

**Repeat until you feel the muscles of your mid-back relax as you lower your breastbone (about five (5) times at decreasing levels of effort).**



**The next movement prepares you to improve muscular control of the muscles along the front of your neck. We start at the base of your throat.**



1. Lift your breastbone, hold.

⇒ 2nd level ⇒ *Inhale.*



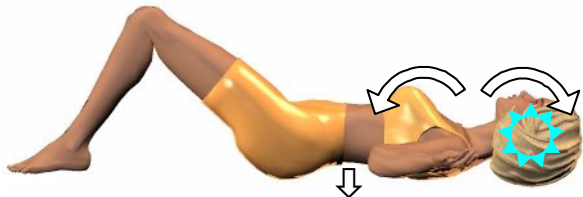
2. Tuck your chin toward your neck, press your head down, and hold.



*Feel the tension at the front of your neck and base of your throat.*



3. Equalize tucking your chin and lifting your breastbone.



4. Relax all efforts.

*Feel your throat open.*

---

*Move slowly enough to notice the **first** sensation of effort, in an easygoing, feeling way.  
Never force or cause yourself to cringe. If a movement hurts, use less effort.*

---

## 5. Breathe freely.



**Repeat until you clearly feel the base of your throat constrict and then open (about five (5) times at decreasing levels of effort).**

**This next move improves your control of the muscles that run from the base of your throat, up through the back of your throat (the front of your neck vertebrae), to the place behind your nose. You may notice your mid-back relax in waves with each repetition.**



1. Inhale, breastbone up, and hold.



*Feel the effort of lifting your chest.*



2. Tuck chin, flatten neck down, and hold.



*Feel the front of your neck tighten, and throat, constrict.*



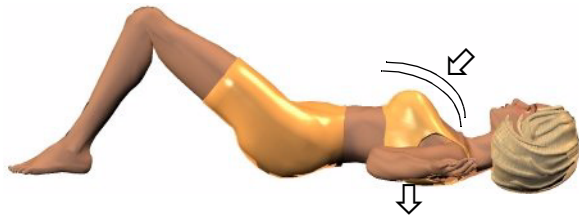
3. Equalize the sensations of the front of your neck and mid-to-upper back by adjusting the efforts.



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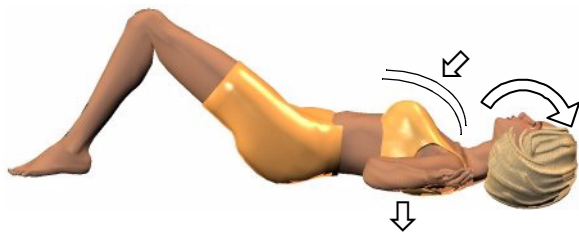
Move slowly enough to notice the **first** sensation of effort, in an easygoing, feeling way.  
Never force or cause yourself to cringe. If a movement hurts, use less effort.

---



4. Exhale and let your breastbone sink.

*When you feel the front of your neck begin to tighten ...*



5. Slowly relax your neck.



*Feel the wave of tension move from the base of your throat to the place behind your nose.*



6. Relax all efforts and breathe freely.

**Repeat this combination movement until you can clearly feel the wave of tension move to the place behind your nose (about five (5) times at decreasing levels of effort).**

---

*Move slowly enough to notice the **first** sensation of effort, in an easygoing, feeling way.  
Never force or cause yourself to cringe. If a movement hurts, use less effort.*

---

**Now you are ready to involve the muscles of your low back.**



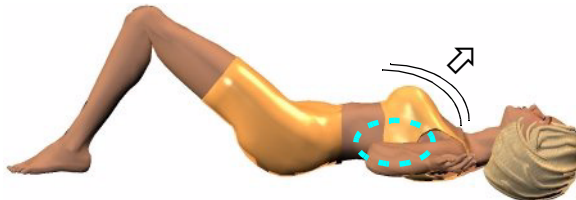
1. Press your head down and hold.



2. Chin up, and hold.



*Feel the back of your neck tighten and shorten.*



3. Breastbone up, and hold.

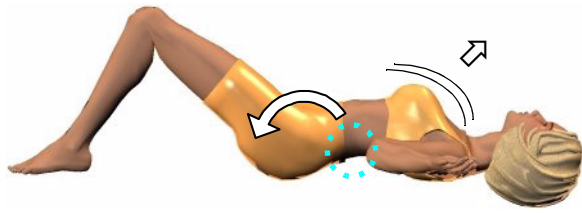
*Feel the effort of lifting your chest at your mid-to-upper back.*

*⇒ 2nd level ⇒ Inhale fully, then breathe lightly.*

---

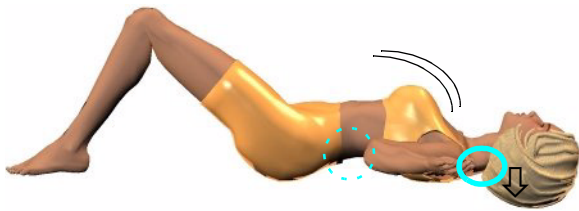
Move slowly enough to notice the **first** sensation of effort, in an easygoing, feeling way.  
Never force or cause yourself to cringe. If a movement hurts, use less effort.

---



4. Tighten your low back (turns tailbone down into the surface).

⇒ 2nd level ⇒ *Help your back arch: Lift some weight off your feet. Feel your groin tighten.*



5. Equalize the efforts in your neck and back.

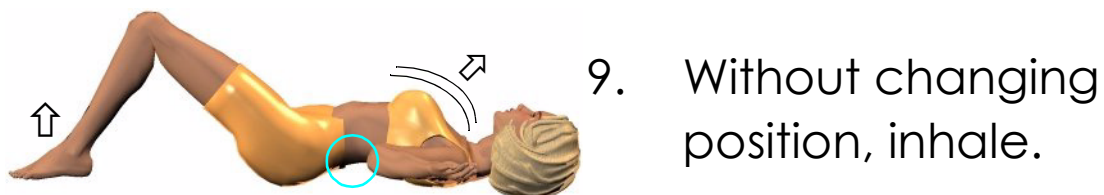
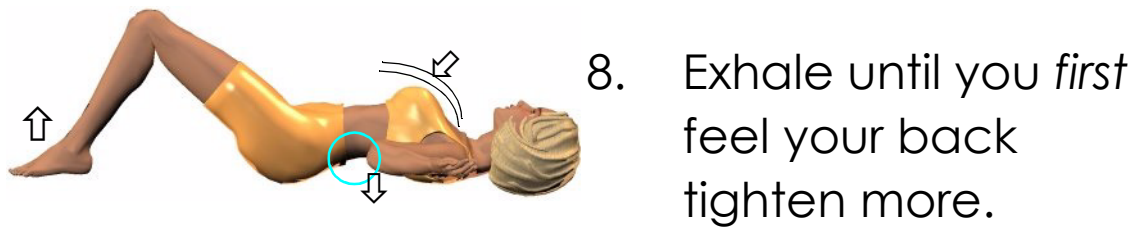


6. Slowly relax your neck until you feel more tension at your lower back.

---

Move slowly enough to notice the *first* sensation of effort, in an easygoing, feeling way.  
Never force or cause yourself to cringe. If a movement hurts, use less effort.

---



⇒ 2nd level ⇒ Lower your feet.



---

Move slowly enough to notice the **first** sensation of effort, in an easygoing, feeling way.  
Never force or cause yourself to cringe. If a movement hurts, use less effort.

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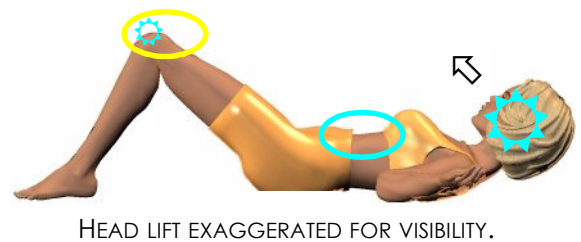


11. Relax all efforts and breathe freely.

*Notice how your low back feels.*



12. Exhale until your belly tightens.



13. Lift a bit of weight off your scalp and look toward your knees.

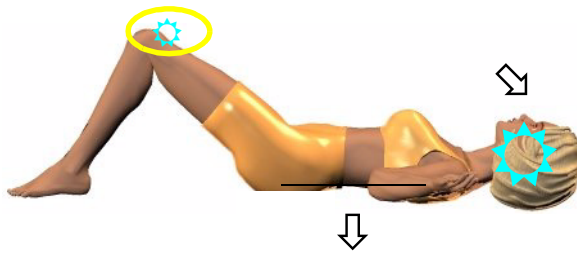
*If you can't lift your head, **imagine** you are lifting your head.*



---

*Move slowly enough to notice the **first** sensation of effort, in an easygoing, feeling way.  
Never force or cause yourself to cringe. If a movement hurts, use less effort.*

---



14. Inhale, lie back and relax.

*Keep your low back snug to the surface as you lie back.*



15. Breathe freely.

**Repeat until you feel your back flatten by relaxing (about five (5) times, total, at decreasing levels of effort).**

---

*Move slowly enough to notice the **first** sensation of effort, in an easygoing, feeling way.  
Never force or cause yourself to cringe. If a movement hurts, use less effort.*

---

**Now, you connect the muscles of your mid-back to those of your throat (inside-front of your neck).**



1. Lift breastbone and hold.



2. Tuck chin and hold.



3. Gradually tighten the small of your back and hold.



*Feel your back curve.*



4. Equalize the tensions of your low back and throat by adjusting your efforts.

---

Move slowly enough to notice the *first* sensation of effort, in an easygoing, feeling way.  
Never force or cause yourself to cringe. If a movement hurts, use less effort.

---



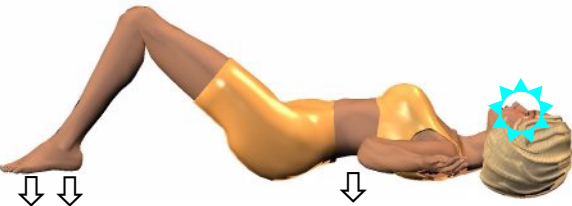
5. Press your feet down and hold.



*Feel the pressure equally on heels and balls of feet.*



6. Bring your head to the neutral position.



7. Slowly relax your back and neck; let your back flatten.



8. Slowly relax all efforts and breathe freely.

**Repeat until you can feel your low back flatten a bit more (about three (3) times, total, at decreasing levels of effort).**

---

Move slowly enough to notice the *first* sensation of effort, in an easygoing, feeling way.  
Never force or cause yourself to cringe. If a movement hurts, use less effort.

---

**Now, the same move with breathing, ending with a relaxed belly.**



1. Lift breastbone and hold.



*Feel your mid-to-upper back.*



2. Tuck chin toward neck, and hold.



*Feel the front of your neck tighten.*

⇒ 2nd level ⇒ *Inhale.*



3. Gradually tighten the small of your back and hold the shape.



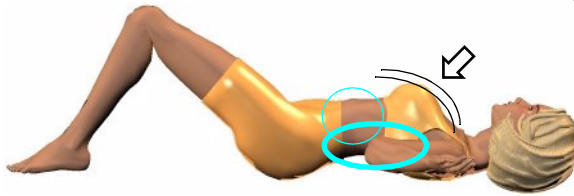
4. Equalize the front of your neck and low back.



---

Move slowly enough to notice the *first* sensation of effort, in an easygoing, feeling way.  
Never force or cause yourself to cringe. If a movement hurts, use less effort.

---



5. Sense your back muscles and exhale until you *first* feel them tighten.



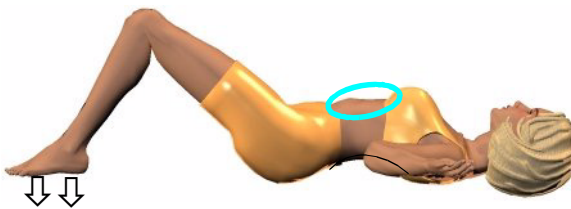
*Feel where your back muscles are tightest.*



6. Press your feet down.



*Feel the heels and balls of feet press equally. Your back tightens more. Regulate the effort for comfort.*



7. Hold your shape, relax your belly and breathe freely.

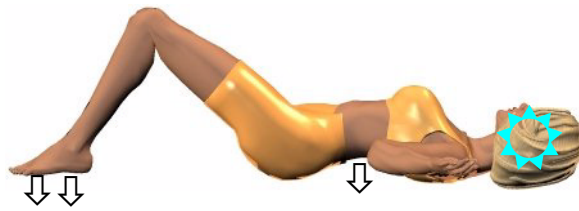


8. Bring your head to neutral position.

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Move slowly enough to notice the **first** sensation of effort, in an easygoing, feeling way.  
Never force or cause yourself to cringe. If a movement hurts, use less effort.

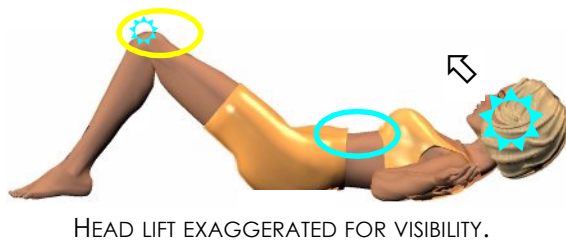
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9. Slowly relax your back muscles and let your back flatten.



10. Relax all efforts and breathe freely.



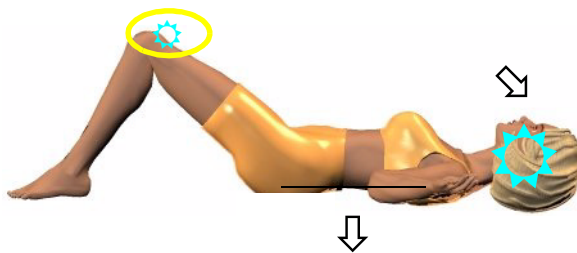
11. Exhale until you feel your belly tighten, then look between your knees.

*If you can't lift your head, **imagine** you are lifting your head.*

---

Move slowly enough to notice the **first** sensation of effort, in an easygoing, feeling way.  
Never force or cause yourself to cringe. If a movement hurts, use less effort.

---



12. Inhale, lie back, and relax.

⇒ 2nd level ⇒ Keep the back of your pelvis **snug against the surface** as you lie back. **Lie back slowly enough to stay in snug contact.**



⇒ 3rd level ⇒ Locate the place behind your nose as you lie back.



13. Breathe freely.

**Repeat at least three (3) times, total.**

---

*Move slowly enough to notice the **first** sensation of effort, in an easygoing, feeling way.  
Never force or cause yourself to cringe. If a movement hurts, use less effort.*

---

**Now, you're ready to combine the two movement combinations to involve your entire spinal musculature.**



1. Lift breastbone and hold.



2. Tuck chin, push head down, and hold.



*Feel the place behind your nose.*



3. Tighten the muscles of the small of your back, and hold.



*Feel the hollow arch in the small of your back; feel your tailbone turn down into the surface.*



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Move slowly enough to notice the *first* sensation of effort, in an easygoing, feeling way.  
Never force or cause yourself to cringe. If a movement hurts, use less effort.

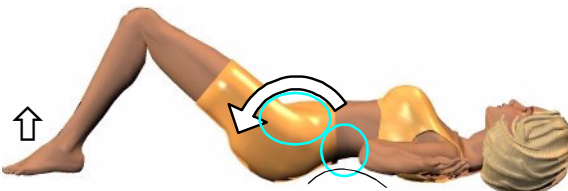
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4. Equalize the efforts  
at your neck and  
back.



*Take some time to feel  
what's working -- where  
the effort is.*



5. Lift a bit of weight  
off your feet.



6. Tip your chin up to  
the neutral position,  
and hold.

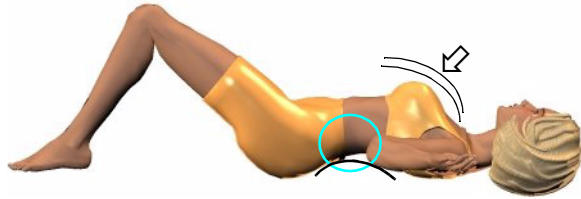
*Feel the connection  
between the place  
behind your nose and the  
muscles at the base of  
your head.*

⇒ 2nd level ⇒ *Look up  
toward your brow.*

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Move slowly enough to notice the **first** sensation of effort, in an easygoing, feeling way.  
Never force or cause yourself to cringe. If a movement hurts, use less effort.

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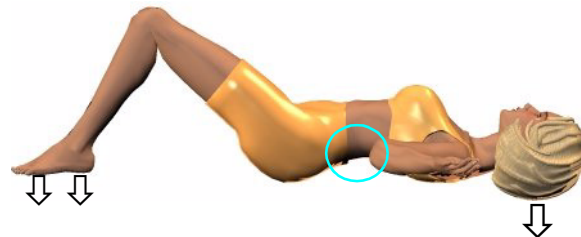
7. Exhale until you feel your back muscles tighten further.



Notice **where** you feel it in your back.



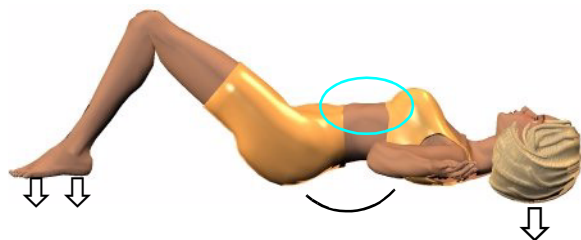
8. Lower your feet gently.



9. Equalize the downward pressure on your feet and head.



Allow time for the sensation to “set in.” You may feel muscles shifting.



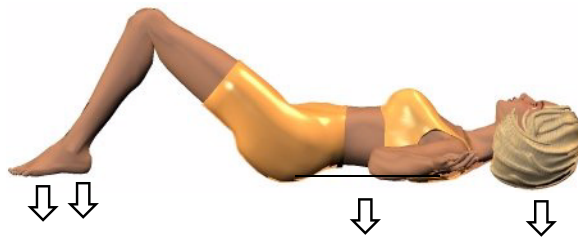
10. Keep the shape, relax your belly and breathe freely.

**Feel your back sag, slightly.**

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Move slowly enough to notice the **first** sensation of effort, in an easygoing, feeling way.  
Never force or cause yourself to cringe. If a movement hurts, use less effort.

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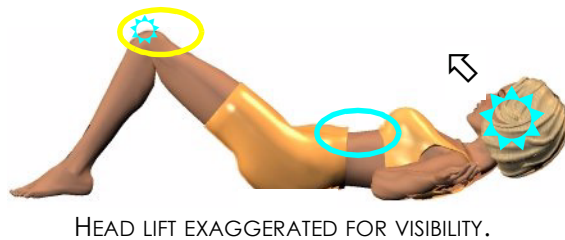


11. Slowly relax your back muscles.

*You feel your back flatten, a bit.*



12. Relax all other efforts.



13. Exhale until you feel your belly tighten, then look between your knees.

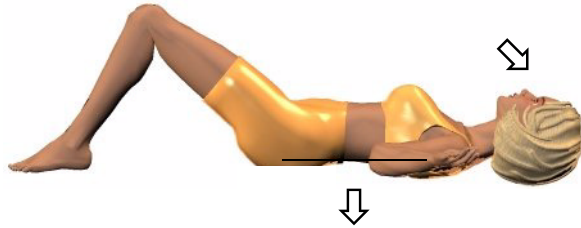
*If you can't lift your head, **imagine** you are lifting your head.*

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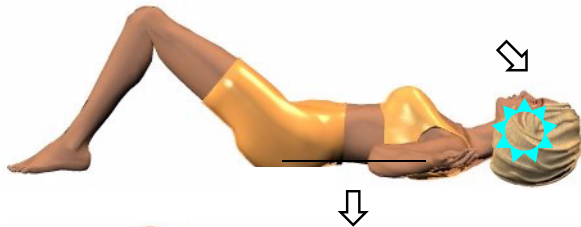
Move slowly enough to notice the **first** sensation of effort, in an easygoing, feeling way.  
Never force or cause yourself to cringe. If a movement hurts, use less effort.

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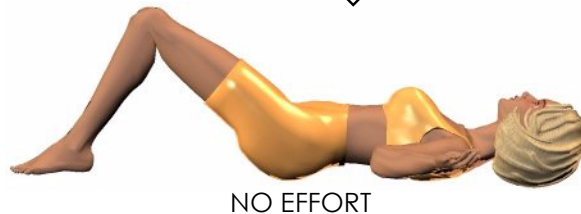
14. Inhale, lie back,  
breathe freely.



⇒ 2nd level ⇒ Lie back  
slowly enough to keep  
the back of your pelvis  
**snug against the  
surface** as you lie  
back.



⇒ 3rd level ⇒ Locate the  
place behind your  
nose as you lie back.



NO EFFORT

15. Relax all efforts and  
breathe freely.

**Repeat the preceding movement about three (3) times or until  
you get better at it.**