

The Diagonal Layover - Open the front diagonal

Free yourself from that hunch and the tensions keep you twisted.

Do not go into any strain, or discomfort in this movement.

Make it gentle, slow, smooth, and controlled.



Start lying on side,

Knees straight in front of hips, knees bent.

Note: Knees higher up the mat will force the upper half to do the rotation,

Lower arm fully supports head

Roll back shoulder, arm, and head as one unit.
just an easy amount, to the first limit.



Open the X
of the front

Lower elbow can be much more forward.



★ BE GENTLE on your neck with this movement.

I usually do it with my hands holding the base of my neck,
or the junction of neck and torso. It's not a big neck movement.

With a long slow exhale, begin to close the upper chest to
close the front diagonal.

upper shoulder across toward lower knee,
or upper thigh, or towards the floor in front of your chest/belly.

Make the exhale drive the movement. Close the space.

Notice where it is hard to feel.

Contract a little more to fill in the missing places.

Very slowly, let the entire line open, a long slow unfurling.

Be present in that line, all the way. How long does it get?

Show your brain that the space opens. Help it to understand.



Slow it down to make a more lasting change.

Count down from 12 to control the movement all the way.

How slowly do you need to go to control it all the way?

Lengthen, but do not to force a stretch.



After 3-6 pandiculation cycles on side 1, lie on your
back and sense the difference between the sides.
Repeat 3-6 careful cycles on side 2.



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