

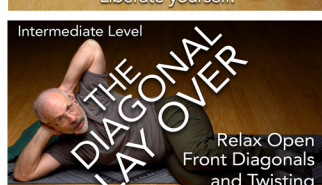
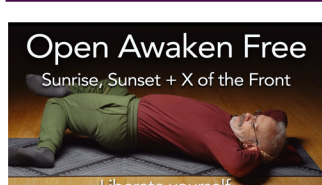
Advanced Movements for the Tensions That Hunch

Hunched Postures, Rounded Shoulders, Sunken Chests Playlist:

All the movements, from beginning to advanced.

Come out of the tensions of sadness, worry and depression.

<https://www.youtube.com/playlist?list=PLFLw4vgr7ayj0YgnU5JKNCjOzUTfgZpTF>



The Four Leaf Clover Variations

Escape the Grip of Stress | Elbows to the Sky + The Four Leaf Clover

10m:50s <https://youtu.be/TTYn4TlfPrc>

Unfreeze: a Beginner/Intermediate/Advanced practice sequence

2022 7m:43s Arch and Curl, Elbows to the Sky, The Four Leaf Clover

Recorded in the northwoods of Michigan

<https://youtu.be/rBD1C11Z2I4>

Come out of FEAR. WORRY, SADNESS and DEPRESSION, The Four

Leaf Clover 22m:00s An epic lesson to turn down the simmering back-

ground tensions that keep pushing you into FEAR, Worry, Sadness, and

Depression. <https://youtu.be/o6YNhXW8Hk4>

Front Vertical Variations

The Dowager Hump Destroyer. Teach the determined tension to

relax 7m:33ss Focus on the tensions that drive an upper-hyper-kyphotic

posture *Note for clarity: As body lowers out of the bridge, freeze the dis-*

tance of chin-to-chest. Perhaps keep chin pinned to chest as hips lower.

<https://youtu.be/3GgXrfwTnEo>

Letting it go - Relax open the front, a front breathing exploration

2022 7m:20s Includes some good exploration of the sides of the front.

<https://youtu.be/0erjhUMFudw>

Front of Body Opens as Back of Neck Lengthens 4m:46s

Back of Neck -Verticals and Diagonals in relation to Front of Body

Verticals and Diagonals https://youtu.be/Cvy6dPH02_Y

Front Diagonal Focus

Sunrise, Sunset + The X of the Front | OPEN your torso, AWAKEN

your Twist, FREE your breathing 12m:04s This movement helps you

awaken the long front diagonals of the torso, the diagonals of twist and

breathing. <https://youtu.be/pCa2oPXpT1A>

The Diagonal Lay Over | Relaxed Open Front | Twisting Side Bend

Variation 10m:24s Diagonal Layover, an Updated version of the Teacup

Put a pillow under lower side upper ribs if needed. Note: I usually do

this with my lower elbow much more forward than the video is showing.

<https://youtube.com/shorts/wdwwFx-2N6Q>

The Two Axis Rocking Chair -Focus the lesson for scoliosis and

everyone This is a **Must Know** movement 12m:44s

Relax the front where the stuckness is hidden.

Address your asymmetrical hunch. <https://youtu.be/jslRiFbc5sU>