

The Side Bend - Free yourself from hidden tension of the sides

Address tension asymmetry resulting from injury and repetitive motion.

Give your brain a chance to: learn to know and control the dynamic space of the sides.

Use enough effort to feel what is contracting.

Can you find ease in the movement?

Can it be pleasurable?

Best on a firm surface.

Try 3, to 6 repetitions on each side, even more.

If front and back are tight and irritable against each other, start with the Side Bend.

Pre-Side Bend Scan:

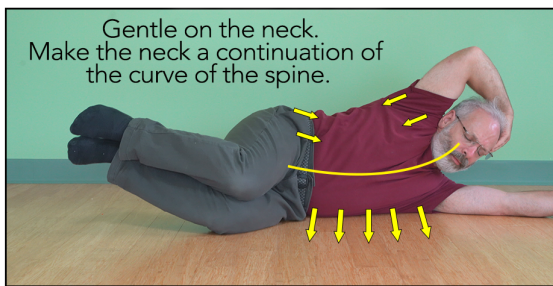
Lay on your back, Arms by your sides.

Notice the differences between the sides.

➔ *If you're grouchy, Try the Side Bend.*



Contract the side



Control the opening of the side



Extra credit:

Add an Arch, or a Flatten, as you come into the Side Bend Contraction. Can you come out of all of that as you relax open?

At the end of your last side-bend, slowly reach arm north, up the mat, and upper leg south, down the mat, for a pleasurable cat-like lengthening.

Position:

Lie on your side, knees straight out from hips, knees bent about 90°.

The lower arm is your pillow, straight with the torso.

If needed, use a pillow with lower arm forward.

Spine/arm straight, like you're balancing on the top of a fence rail.

Shoulders stacked, not tipping forward or back.

Palm of upper arm on crown of head, fingers on lower temple.

Direct your awareness inward.

For a running start, gentle inhale into the upper side.

Assess where tension in the side is constricting as you breathe in.

On the exhale, begin to close the upper side like an accordion.

The exhale builds the contraction and makes the movement.

Both feet come up as waist pulls hip toward armpit.

Hand lifts the **heavy** head as ribs pull armpit toward hip.

Knees stay together as waist lifts both ankles.

Tops of thighs shine toward floor.

Be in the closing of the side.

Notice where the lower side presses down to the mat. Find the vivid perception of your contracted upper side. The distance is closed.

No need to crush it. Use just enough effort to know it.

If you want to find greater detail and learn a deeper control, equalize the effort of your waist, ribs, and upper side of your neck.

Open in a smooth slow release, lowering down with control.

Allow breath to come in as the side opens.

Relax the closed spaces back to open. Go slowly all the way.

Lower in steps, or count down from 12.

Take the time you need to process the moving and sensing.

Lower to a complete rest.

Can you do it **without** curling up in front, tightening your back, or having your upper shoulder roll forward or back?

When you complete side 1, lie on your back.

Carefully notice the differences between the sides.

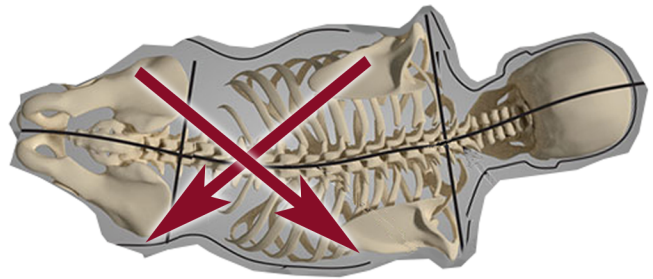
Then, Side Bend on side 2.

YouTube search: **Eric Cooper Somatics Side Bend** There are three versions

Inner Space Side Bend Activate through the center

Advanced sensing of connections that we use to side-bend.

Lets' make the side bend more than just the surface.



Easy inhale for a running start,

Exhale to pull Upper hip through your body toward lower ribs.
Hold

Add to that, (small inhale for a running start),
Exhale, Pull upper ribs through you toward to lower hip

Use the next exhale to secure it together,
close a bit more.
Sense how it fits together,

Breath in as you open, smooth and slow.

Side Bend Page 2 -

Address tension asymmetry resulting from injury and repetitive motion.



If Your Sides Are Different Playlist, 'A scoliosis problem is a tension problem'. Asymmetry Playlist: https://www.youtube.com/playlist?list=PLFLw4vgr7ayj1sC-HRPGz7rv_koiiaWVvk



Side Bend and Side Bend Details Playlist: <https://www.youtube.com/playlist?list=PLFLw4vgr7ayg805Gghl6dZptt4Lob6slj>



Side Assessment

A1 Breathe Into Stuck Spaces 3m:10s

The new way, What's the easiest way, How are we frozen?, That's a place I Breathe!, Remnants of Emotional Holdings <https://youtu.be/U2NoV6BfouM>



A2 Break Free From Normal - Beginning Side Breathing Assessment 3m:11s

How do you free yourself?, Amnesia – it feels like normal, Where are we not breathing?, Which side is confused? <https://youtu.be/dKUyf91sy1c>

Side Bend Variations



This may be a good beginning lesson but it is long. Try all of them.

Side Bend 2022. A detailed, thorough teaching of this important movement. Covers one side. 36m:05s If you are lying with your head at the same end of the mat as the person in the video, you will focus on your RIGHT side.

Have your head at the opposite end of the mat to focus on your LEFT side.

On YouTube: <https://youtu.be/-CME4Ez7chg>

The Side Bend Quadrants focus on where it's stuck

Upper half of the Side Bend:



DETAIL for YOUR RIGHT Side RIBS, Part 1 This one has a very good breathing assessment for both sides. 7m:44s https://youtu.be/wty5R_IP7cw

Note: at 1m:26 explanation of how to adjust the upper hand/arm position to not have discomfort with the up-side shoulder.



DETAIL for YOUR LEFT Side RIBS, Part 2 8m:51s <https://youtu.be/XC8PySOLDS0>

Lower half of the Side Bend:



DETAIL Part 1 for YOUR RIGHT Side Waist <https://youtu.be/g9gcWyZ2BEA>



DETAIL Part 2 for YOUR LEFT Side Waist, Lower Half of Side Bend <https://youtu.be/L4YZ1ZNx-lbM>



Side Bend practice | What if your sides were relaxed? | Basics course sequence excerpt from 2022 6m:59s On YouTube: <https://youtu.be/hiaj5mZMWmU>



Side Bend Practice Video 2022. Covers both sides and many variations 17m:50s

On YouTube: <https://youtu.be/HcYjAoXRdAk>



A more advanced perspective on the Side Bend that relates to gait, walking and running X of the SIDE | **Intermediate Advanced Side Bend Diagonals exploration** 17m:31s

Make sure the neck doesn't drive the movement. The breathing space makes the movement.

On YouTube: <https://youtu.be/9JNmK1NxfqM>