

# The Pendulum

## Low-Rib Side-Shift Focused Side Bend Variation

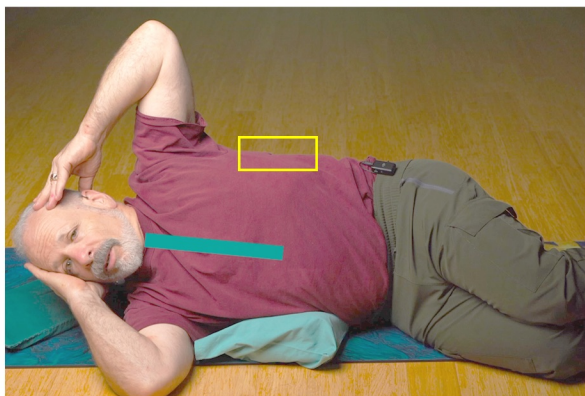
It is important to know The Side Bend to be able to do this movement correctly



Complete  
Side Bend  
Playlist  
on YouTube:



Firm pillow under the lower side ribs.  
Optional pillow for the head.  
Lie on your side,  
with knees straight out from hips, knees bent.



Lower hand and upper hand braces the head.  
Lower elbow presses into the floor.  
Hands help lift the head.



Low ribs, on the upper side, press into the body,  
Low ribs, on the lower side, press very firmly  
down into the pillow.

Neck and upper/mid rib-cage doesn't bend.  
Control the contraction.



Control the relax as the upper side opens.  
Open out over the lower pillow.

Full Lesson  
on YouTube:  
**Eric Cooper**  
Somatics  
The Pendulum

