

Side-Sitting Scoliosis Sequence (SSSS)

On-Elbow
Method

P.1

A more powerful sequence than the Side-Bend.

What places is your brain not sure how to let your body to open?

Consider starting with the side that needs less learning, as a warm up.

Shoulder discomfort in this position? See page three for tips to make it easier.



Take a side sitting position.

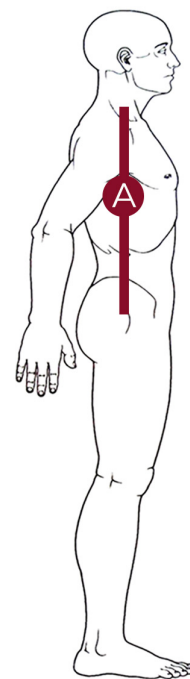
Find a place for your elbow that is most comfortable on you shoulder.

Upper hand on side of head.

Shoulders stacked over each other, not rolling back or curling up.

Head in line with the body, not curling forward.

Notice how gravity helps open the lower side.



Contract the lower side of the body to arch the lower side away from the floor.

Ribs move away from the lower elbow,

head tassles over the lower shoulder, toward the floor.

Look for the place in the contraction that is hard to sense the tension.

Amplify the effort in that place..

Notice the internal experience of this beautiful arc of the spine.

For more learning and control break the movement down to smaller parts.

- 1) Move lower ribs/waist away from supporting elbow, lower slowly.
- 2) Move middle ribs away from supporting elbow, lower slowly.
- 3) Move arm-pit ribs away from supporting elbow, lower slowly.

Use your breathing to help make the movement.



Begin to slowly (even to a count down from 12) lower out of that effort.

Breathing as you lower. Less and less effort as you go.

Control the movement all the way.

Sense how your upper shoulder comes closer to upper hip as your lower shoulder lengthens away from lower hip.

What places did your brain forgotten how to let open?

Gently arrive at sagging between shoulder and hip.

It's not a big stretch, just rest gently on lengthened muscles.

Repeat 3-7 times.

Complete
SSSS
Playlist
on YouTube:



Cortical learning is maximized in your **Pandiculations** with:

a pleasurable sensationful effort in the contraction (yawning-like without forcing it), helps to fill in the map your brain has of your body.

a slow smooth opening that is under your control all the way, gives your brain needed feedback to recalibrate it's perception and control of muscle tension, recalibrating the alpha-gamma motorneuron co-activation loop.

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P.2

Explore how the side blurs into the front and back.



Upper hand on upper hip.

Roll shoulder back, as if aiming a light shining from your chest, up to the sky.

Use your back and side to arch away from the floor, away from the elbow, as head tassles back behind you.

Breathe into the front, exhale from the closing back to amplify the curve.

Contract into an easy yawning-like effort, enough to find the places you need to feel. Fill in the missing spot. using localized effort.



Slowly, lower back toward the floor.

Even as you count down from 10 or 12 in the lowering. Make it smooth movement, less and less effort.

Control the descent all the way to the end.

Try 3-7 pandiculations in this position.



Roll forward to shine the light from your chest toward the earth. Place hand of upper-shoulder-palm down on the floor.

Arch the lower side and front away from the floor, arch torso away from the palm-down hands, as head tassles toward the floor.

Breathe into the upper back ribs, then use an exhale to help close the front and lower side. **Hunch yourself.**

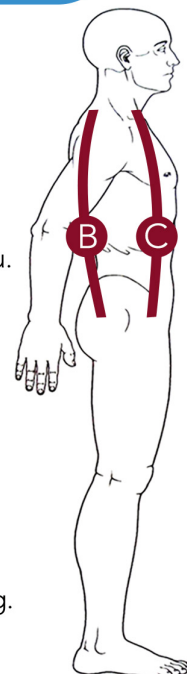
Bend the spine, with a contraction just strong enough to fill in the missing places with tension sensation.

Slowly lower down to rest, sagging between hip and shoulder.

Control the movement all the way.

Head comes up as chest and belly lower.

Try 3 to 7 careful pandiculations, each ending at full rest.



σκολίωσις skoliosis
From Ancient Greek:
which means "a bending"

After **A**, **B** and **C**, lie on your back and rest .

Notice the differences between the sides. Have you created a greater ease on one side?

Repeat the sequence on the second side.

How do you become more fully in control of the movement? How do you make it easier and more effective?

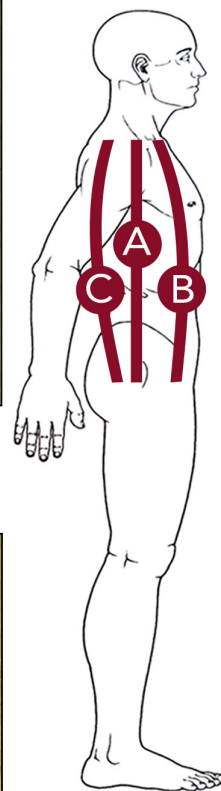
After the second side, rest, and notice. How are the sides different, now? Are you more at ease?

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P.3

An alternate point of view



Side-Sitting Scoliosis Sequence (SSSS)

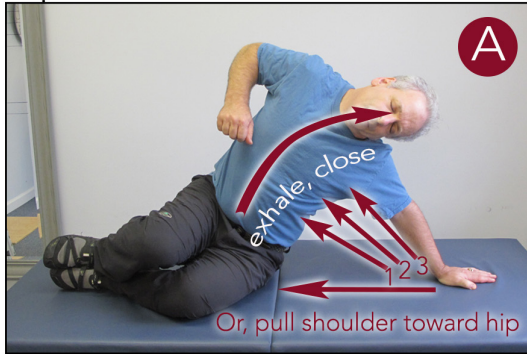
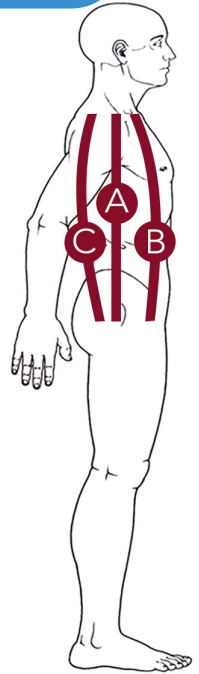
Straight Arm Method P.4

This sequence with a straight arm can be easier on your shoulder.

Still need it even easier on your shoulder?

Rest the elbow on a chair, couch while side-sitting to shift the load from shoulder to hip.
Or, while standing with side of hip facing kitchen counter, elbow on the counter.

Tip: Consider starting with the side that needs less learning, as a warm-up for the brain.



Arch the lower side away from the floor. Make a big arc

Ribs move away from the palm-down hand, as head tassles over the lower shoulder, to create a long curve of the spine.

Bend the spine, with a contraction just strong enough to fill in the missing places with tension sensation.

Break the movement down to smaller parts for more learning.

- 1) Move lower ribs away from supporting hand, lower slowly.
- 2) Move middle ribs away from supporting hand, lower slowly.
- 3) Move arm-pit ribs away from supporting hand, lower slowly.



Slowly lower down to rest, sagging between hip and sh

Control all of the lengthening. Perhaps count from 12.

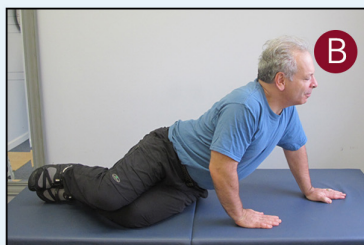
Try 3 to 7 careful pandiculations, each ending at full rest.



If a light was shining from your chest, shine the light toward the floor.

Hand of upper shoulder on the floor.

Hunch away from the floor and hands.



Slowly lower toward the floor.

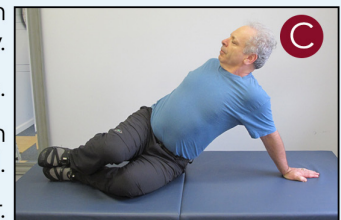
Control it all the way.

Roll back, as if a light was shining from your chest, shine the light up to the sky.

Hand of upper shoulder on is on your upper hip.

Activate the back to arch away from the floor and lower hand.

Slowly, lower toward the floor.



Lie on your back and rest after **A B C**, and notice the change you made, the difference between the sides.

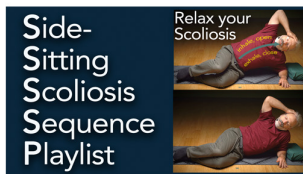
Repeat the sequence on the second side. How much does it take for you to be fully in control of the movement?

After the second side, rest, and notice. Compare the sides. Are you more at ease?

A very special thanks to Laura M. Gates, for introducing me to the basics of this powerful sequence.

S4 SSSS Side Sitting Scoliosis Sequence Links

More powerful and focusable than the Side Bend



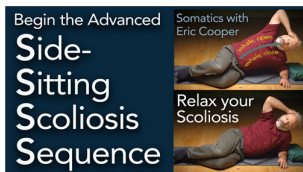
S4 SSSS Variations Scoliosis Movement Playlist

More powerful, more focused movements for the sides.

https://youtube.com/playlist?list=PLFLw4vgr7ayiHb9eOocGsk-mA1gpXp-CAC&si=ySq_VMV1rRS_M06M



The S4, Side Sitting Scoliosis Sequence Variations In order of intensity and complexity



1) The SSSS, Side-Sitting Scoliosis Sequence, the beginning of this advance movement to free the sides.

13m:44s <https://youtu.be/VTUrkorQLD4>



If your shoulder needs an easier load and position:

2) How to Relax your Sides, Easier shoulder position

Straight-Arm version of the Side Sitting Scoliosis Sequence

Try it on a softer surface, a bed or cushions 16m:40s

<https://youtu.be/NK4KLgM7AYw>



3) Two Sides at Ease | Relax your tight sides | Side Waist Focused Side Sitting Scoliosis Sequence (SSSS) Intermediate Advanced

11m:43s <https://youtu.be/IRIDpBuRN3U>



4) Have a great day, try the S4, SSSS Advanced Somatics Practice Version, Relax your sides

9m:45s Go at your own pace. <https://youtu.be/D-hnEf60ms8>



Very easy on the arm and shoulder:

Standing Balcony Sequence for Back, Front and Sides, The Standing Scoliosis Sequence (SSS) An easier position than the Side Sitting Scoliosis Sequence (SSSS). A detailed look at lines of the back, front, and sides. Show your brain that these spaces are easily accessible, dynamic breathing space? Recorded in San José, Costa Rica 9m:11s <https://youtu.be/nALX17GUdpU>



Related:

The Spacemaker - Relax open upper front side RIBS -Advanced Seated Somatics for Bends & Scoliosis Relax open tight upper front/side ribs. These tensions lock you into postures of stress and scoliosis. This can be done seated, one hand holding underside of chair, if the position in the video is challenging. 7m:17s <https://youtu.be/iLvKNxrOKbU>

