

The Angel Wing - Gravity Amplified Thoracic Torsion P.1

Use gravity as your therapist to free the upper and mid-back diagonal.



Start:

Side-sitting, up on elbow. Knees stacked. Palm on head, elbow up.



It may be easier on your shoulder to have your lower arm straight, with palm on floor.

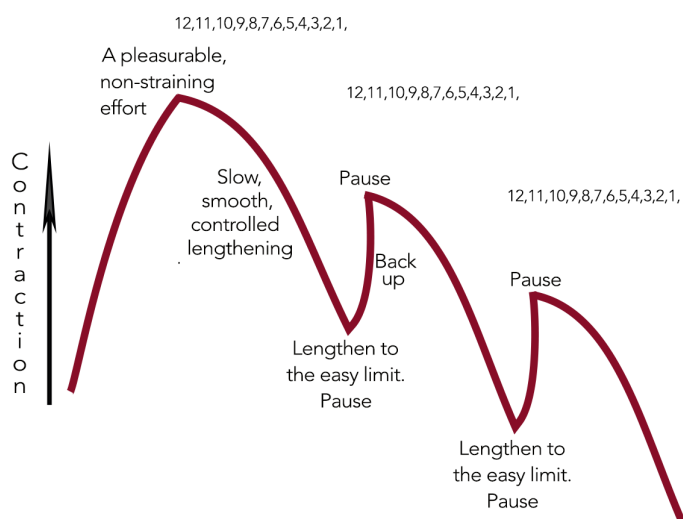
Gently arch your back, as you take a belly breath in. Come into a gentle crescendo of yawning-like sensation as you tighten your back the right amount for you.

Add to it:

- 1) pull shoulder back to the epicenter of the low back arch
- 2) pull upper elbow back to the arch
- 3) pull back of head toward the arch

★ 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.



The Sawtooth Pandiculation Pattern

Best results if you open one molecule at a time.



Can you find the soft yawning-like sensation in the contraction?

Not into a strain or overeffort. Just pleasurable.

Can you sense the ribs under your upper shoulder blade?

Make the effort come from the torso in this movement.

Be very aware of how the back diagonal lengthens as shoulder and elbow slowly come forward.

Lower slowly as you count down from 12. (or 10, or 7)

Back up a bit. Pause.

Repeat the sawtooth, backing up and opening, to arrive at your full length.

Continue the slow opening of the back as shoulder and elbow come forward and down toward the floor.

Repeat until you find the distance limit.

What is the limit with the muscles voluntarily lengthened?

Is it further than when you started?

This can be adapted to a seated position.

Sit forward on front of seat, feet on the floor.

Tip head forward as you bring right shoulder forward.

Allow back diagonal of torso to lengthen, and bring right elbow and shoulder toward left knee.

Pull shoulder/elbow up using back.

Lengthen forward.

The Angel Wing - Target specific twist vectors


P.2


As you focus more deeply on teaching your brain out of the twist it holds you in, focus on specific lines to give your brain simpler areas to understand and the opportunity to have a lesson on more specific details.




As if you are a magnificent angel.
Out in space, you are fanning the
troubled earth with your wing.

Aim the direction of your elbow in both the
contraction/twisting
and in the
controlled descent/opening/untwisting

 **Upper Vector:** Yawn between shoulders.
Get deeper into the Upper ribs, too.
Untwist your upper rib cage.

 **Middle Vector:** Arch your back in the
contraction. Find the connection between
upper shoulder and lower back-pocket, to
complete diagonal of the back.
Find a full torso untwist and opening of
that long line.

 **Side/Back Vector:** Contract to connect
upper shoulder to upper back-pocket.
Find the all the ribs and connection across
the upper-side waist. Let your elbow come
way up the mat as you open.



Complete
SSSS
Playlist
on YouTube:



Angel Wing Variations

Apply a broad brushstroke approach.

Learn the process so you can learn to address your specific root holdings.

Angel Wing Variations Torso Twisting Playlist

<https://youtube.com/playlist?list=PLFLw4vgr7ayhYsUIFj4KOv-Vb-il46Db6&si=QUBpcenQs12rcnSB>



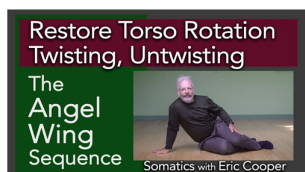
To keep the movement isolated away from low back, and if you have sacrum pain: do The Lumbar Lockout version of the Angel Wing.

To focus the twist into the low back/lumbar, do The Amplified Angel Wing

Best done in this order



1) The Lumbar Lockout Angel Wing - UNBURDEN your Sacrum and SI-Joint 15m:31s An upper-torso twisting lesson. Often, the SI-Joint is being injured by making up for the rest of the torso not twisting well. <https://youtu.be/SH8eF-qVQIQ>



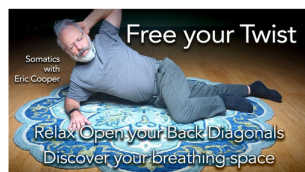
2) Original Version: The Angel Wing Practice Sequence 2022 Both sides as a practice sequence 8m:56s If you have a holding pattern that involves a torso twist, consider the shoulder that does not go forward well, and have that be the up-side active focus. This position gives a little bit of isolation to the lowest back. <https://youtu.be/4W0sRGHS5go>



3) The Amplified Angel Wing This also addresses the diagonals of the front. Free your torso twist with this advanced pandiculation. This movement is one I practice often. If it is hard to do on your elbow, try it with elbow on a pillow, or straight arm to the floor. <https://youtu.be/BOCivUYDJ4w>



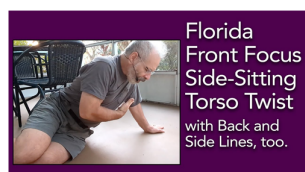
4) A Flight of 3 Angel Wing Versions, upper, middle, and lower torso Twisting Breathing Space Acquisition - 3 Angel Wing Variations 11m:06s https://youtu.be/tfm7K_KMrpc



Free Your Twist, Early version of The Amplified Angel Wing Relax open your back breathing diagonals Bring the knees higher up the mat, to focus the twist higher in the torso. 12m:13s <https://youtu.be/jUnusSTTdY>



Open the Back Diagonals, BACK RELAX, The No Frills Somatics Angel Wing Practice Detail, Costa Rica, Excerpt from Un-Twist multi-movement sequence 6m:13s https://youtu.be/FEx_iX46_-E



Florida Front-Focus Side-Sitting Torso Twist with Straight Arm, with back and side lines, too Some of it is like the Angel Wing. Some of it is like the Side-Sitting Scoliosis Sequence <https://youtu.be/aQwHTgcaO2Q>

