

ROTATIONAL PATTERNS ON THE MAT

SEATED PELVIC ALIGNMENT AND IMPRINT

Sit on the floor with knees bent feet on floor.

Lower both knees to one side of body. Bring top knee to ceiling with foot flat on floor. Lower tailbone and hip to floor. Repeat other side. Imprint spine to floor.

HAMSTRING STRETCH AND LEG STRETCH WITH CORF BAND

Lie on floor on back, lift one leg. Cross leg over body and lift hip. Press hip to floor.

Open leg out to side of body, lifting hip. Press hip to floor. .

Cross leg over body. Keep hip down on floor. Flex and point

Open leg out to side of body keeping hip flat. Point and flex.

Leg circles with core band in arms.

NUTES:			



LEG STRETCH	NOTEO.
and side leg series	NOTES:
Single leg stretch/crisscross, single count only.	
Repeat with breath change.	
Single leg stretch, Circles, And Open Leg Rocker.	
Lie on the floor. No core band.	
Single leg stretch—double count.	
Extend one leg to ceiling. Lower other leg to floor. Lower extended leg to side. Lift to ceiling. Lower leg to side to roll over onto side.	
Side Leg lift—point up flex down.	
Walking—arm in front and to leg back.	
Roll to center.	
Single leg Stretch—double count.	
Repeat side leg lift and walking.	
Roll to center.	
Double leg stretch. Roll over to side.	
Leg circles and reverse leg circles. One arm push-up.	
Keep torso up. Leg scissors .	
Roll torso center.	
Straight leg Stretch.	
Open leg rocker. Abdominal contractions. Open leg rocker. Flex/point.	
Open leg rocker with core band.	
SEATED TWIST AND SAW	
SERIES WITH CORE BAND	
Sit on floor with legs open past hip level. Extend arms out	
at shoulder level.	
Twist to side. Pull arms to chest, five times, back arm only five times.	
Repeat other side.	
Twist torso to side. Lift arm overhead. Round torso over and saw the five times with head to knee and five times head turned	
to backhand and five times head to knee.	
Repeat other side.	
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THE ROLL OVER TO THE TEASER WITH CORE BAND

Place hands and feet in Core band. Roll over.

Roll Down.

Roll up to Teaser

NOTES:



TEASER AND JACK KNIFE SERIES NO CORE BAND

Stretch torso forward. Roll down to floor. Lift up to teaser.

Open arms and legs. Three times

Roll over bringing legs parallel to floor overhead. Lift to jackknife. Lower legs to parallel. Roll torso down. Lower legs and lift torso to hundreds position. 20 beats.

Roll over bringing legs parallel to floor overhead. Lift to jackknife.
Roll torso down. Lower legs and lift torso to hundreds position.
20 beats.

Roll over bringing legs parallel to floor overhead. Lift to jackknife. Bring legs to V position. Bring legs together. Roll torso down. Lower legs and lift torso to hundreds position. 20 beats.

Roll over bringing legs parallel to floor overhead. Bring legs to V position. Lift legs to ceiling. Close legs. Roll torso down. Lower legs and lift torso to hundreds position. 20 beats.

Roll over bringing legs parallel to the floor overhead. Bring legs to V position and lift legs to ceiling. Roll torso down. Lower legs and lift torso to hundreds position. 20 beats.

SIDE LEG KICK AND EXTENSION SERIES WITH CORE BAND

Lie on the floor on your back. Lift one arm over head, place the other arm straight on the floor. Pull the band taut and roll torso to side of body.

Passe movement four times. Reverse and repeat.

Bicycle eight times. Reverse and repeat.

Lift the band above your head and roll to stomach.

Swan.

Grasshopper.

Swimming

If lift the band above your head Turn torso to side. Roll onto back. Roll to other side.

Repeat side leg pattern.

Lift the band above your head and roll to stomach.

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THE BRIDGE SERIES

Lie on the floor on your back. Bend your knees and place your feet flat hip distance apart. Place your hands on your thighs. Small pelvic curls.

Roll torso up and straighten your arms. Roll down. Four times.

Place one knee over the other. Lower knees to floor at side of body.

Turn head in the opposite direction. Lift arm and place it over other arm on the floor. Turn head to face knees. Lift arm and return it to the floor bringing head center. Repeat movement on the other side.

Bring knees and feet together. Curl up. Roll down four times.

Curl up, extend one leg to ceiling. Flex foot and lower leg.

Lift and lower six times. Repeat with the other leg. Roll down.

BOOMERANG WITH CORE BAND

Cross one leg over the other and roll torso back.

Open and close your legs. Roll torso down.

NUTES:	