

# Rolling Like a Ball 1

## Strengthen Stomach • Practise Flowing Movement

This playful exercise is surprisingly challenging for your core. Work hard to maintain your C-curve for a smooth and flowing movement. Practise it swiftly, for flow, and slowly, to develop your concentration and control.

**1** Sit tall on your mat. Hold the backs of the thighs lightly. Use your abdominals to float your legs up, shins parallel with the floor, tipping back off your sitting bones. Curl into a C-curve (see p.36) and balance for a moment to prepare.

**Imagine** Think of a ball encircling your body, so when you roll back, you roll smoothly and continuously.



**2** Breathe in and roll back smoothly. As you roll to your shoulder blades, maintain your body shape and lengthen your tailbone to the ceiling. Stay long in the neck and relaxed in the shoulders, keeping the belly strong to make sure your spine doesn't straighten.

**Careful!** Don't roll too far. Roll only as far as the shoulders: the head should not touch the floor.

**3** Breathe out, deepen your scoop, and roll forwards, to balance once more. Practise slowly with control until your C-curve is perfect, then build up to a swift movement for more strength. Synchronize your movement to your breath. The out breath will give you the momentum to roll forwards. Repeat 6–8 times.

**Imagine** Think of yourself as a pendulum, rocking easily and swiftly. Try to create that sense of rhythm as you roll, controlled but flowing.



### Take care...

**Don't tilt your head back.** If the eye-focus floats to the ceiling, the head will rock back. Keep your eyes focused into your centre, chin nodding towards the chest.

**Don't lose the C-curve** and flatten the spine. Keep the abdominals constantly scooping in more deeply to strengthen the C-curve throughout the movement

### What not to do

