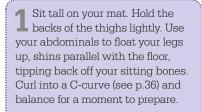
Rolling Like a Ball 1

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.



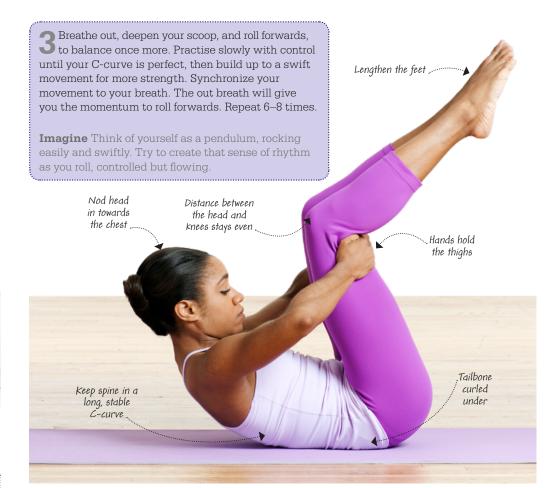
Imagine Think of a ball encircling your body, so when you roll back, you roll smoothly and continuously.





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.



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

Back

should not

be flat



