

Walking in Sunshine: Flexibilities



Kathleen Fuller, PhD
Director, AnthroHealth
www.AnthroHealth.net

Flexibilities

Sit on the floor. Stretch your legs wide apart in the biggest V you can make. Reach for your feet. Eventually, you will be able to grab the soles of your feet. Hold this position without bouncing, and without undue pain, for a slow count of 20. Release.



- In the same position, angle your entire body towards your right leg, attempting to grasp your right foot with both hands. Hold for a slow count of 20. Release.



- Do the same for the left leg.



- With legs still in V shape, cross arms in front of chest and lean torso over as far as possible towards the floor. Hold for a slow count of 20. Return to upright position.



- Bend legs and bring them towards the torso. Bring the feet together and try to bring them as close to the crotch as possible. Hold for a slow count of 20. Release.



- Still sitting, let legs loosely cross. Bend left arm behind back, reaching towards neck. Raise right arm, bend elbow, reach behind neck. Attempt to clasp hands. Hold for a slow count of 20. Release. Reverse position of arms, attempt to clasp hands, etc.



- Still sitting, push legs forward with feet together and knees bent. Legs should form a diamond shape. Bend torso towards feet, attempting to touch forward to toes. Hold for a slow count of 20. Release.



- Still sitting, bring legs together straight in front of you. Bend forward at waist. Attempt to grasp feet. Hold for a slow count of 20. Release.



- Lay flat on back with legs stretched out in front and arms stretched above head. Hold for a slow count of 20. Release.



- Laying flat on back, raise left leg. Grasp around thigh and pull gently towards shoulder. Hold for a slow count of 20. Release. Do the same with right leg.





- Still on back, raise both legs. Grasp and gently pull towards shoulders. Hold for a slow count of 20. Release.



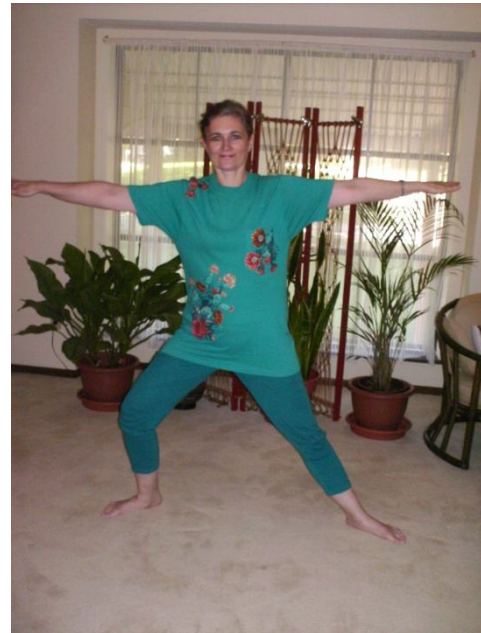
- Drop legs. Bend left leg and pull towards chest, pointing toes. Keep right leg straight, about 6 inches above the floor, toes pointed. Hold for count of 5, then flex feet, while maintaining position and hold for count of 5. Return to toe point and count of 5, then foot flex and count of five. Release. Reverse legs and repeat.



- Stand up with hands on hips. Move left leg forward and slightly bend knees. Hold for slow count of 10. Reverse legs, etc. Repeat for both legs.



- Raise arms to sides at shoulder height. Bend left leg and lean towards left. Hold for a count of 10. Stand straight, then bend right leg and lean towards right. Hold for a count of 10. Repeat for both legs.



- Stand up with legs spread wide. Bend at waist, grasp feet. Hold for a slow count of 20. Release.



- While still bent over, use both arms to grasp right leg. Hold for a slow count of 20. Release. Twist to left leg, grasp. Hold for a slow count of 20. Release.



- Stand in front of a stair. Raise right leg and rest heel on stair. Hold for count of 10. Change to left leg. Hold. Repeat for both legs.

Once you are comfortable with the moves, the entire series of flexibilities can be completed in 10-15 minutes. You will feel more alert, relaxed, and limber.

Photos taken by Kate Payne.