

WHITMAN SAMPLER X3

1. Sitting Pretty

1a. Side sit with the soles of your feet to the left and knees to the right. Place hands on the floor behind you to keep your back straight. Sink sit bones into the floor. If your left hip is significantly lifted, sit on a rolled blanket under your right buttocks to even hips out a little more.

1b. Keep right hip on the floor as you press left hip forward and up, keep chest facing forward. Feel a stretch in the front of the left hip. Slowly lower sit bone back towards the floor. Repeat 3-5 times.

To transition into “Seated Spinal Twist” lean back, stretch out legs, then cross your left leg over your right as shown below.

2. Seated Spinal Twist

Sit tall with left leg bent over the right and left foot flat on the ground. Press left arm into the floor behind your sacrum to lengthen spine up as your sit bones sink into the floor. Press right elbow against left knee to assist twist. Hold 1 minute.

To transition into “The beast” lean back to sit in “Sitting Pretty” pose, with soles of the feet to the left, knees towards the right.

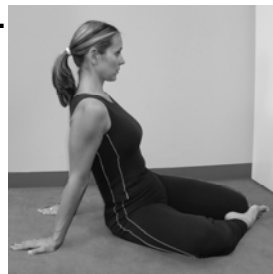
3. The Beast (picture to be posted)

3a. Start in “Sitting Pretty” pose. Turn to face the right thigh, hands press into the floor to lengthen spine. Lower your chest towards the floor resting on your forearms.

3b. Press your left elbow into the right thigh to lengthen your left waist. Your chest will move towards the right.

3c. Reposition forearms so that elbows are under shoulders. Rest on your forearms in this diagonal line. Take a deep breath. On the exhale pull your arms backwards as you lengthen the crown of your head and spine forwards, like a self spinal traction. On the inhale, gently press hands forward into the floor and round your upper back. NOTE: Focus on mobilizing thoracic spine NOT lumbar spine. Repeat this 5 times- inhale push, exhale pull and lengthen. Walk hands to the left and press into the floor to sit up. Repeat Whitman Sampler parts 1-3 on the other side.

1a.



1b.



2.

