

Side Position

Working the back lines

This is an excellent way to work back lines in side-lying position. It requires increased sensitivity in your feet, and you will get better as you continue to practice over a long period of time.

Teacher will guide you with techniques, variations, and concepts



Sitting position



Full reclining position



Foot Rolling (side position)

Sense a place on the back that feels blocked * begin with a flat foot, press inward and rotate your foot outward, toward the lateral portion of your foot * maintain light constant pressure during the foot rotation



Foot pulsing (on back)

- * Locate a place you wish to loosen
- * Slowly depress one time, and when you release, begin a series of rapid "pulses" with your foot; short bursts of pressure
- * Release all your pressure entirely before you pulse again

Double Foot Rolling

Similar to Foot Rolling above, except that it is done with two feet at once * Maintain medium pressure as you roll the feet outward * Move to a different spot and repeat. * Try it with two feet simultaneously, and also try it alternating one foot after the other





Jivaka is blessed by the Buddha – พระพุทธเจ้าให้พรพ่อปู่ชีวกโกมารภัจจ์

