# **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









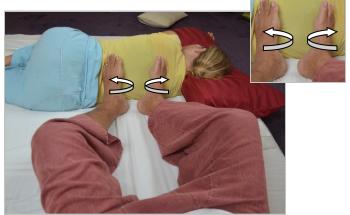
### Foot pulsing (on back)

- \* 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







Tivaka is blessed by the Buddha — พระพุทธเจ้าให้พรพ่อปู่ชีวกโกมารภัจจ์

