

Preparatory Exercises

Gliding like a Canoe

Starting Position: Childs Pose with your glutei on the heels and your arms outstretched a little more than shoulders distance.

Breathe into the belly and relax, focussing your attention on the tip of the sacral bone and the back of the neck.



Exhaling, glide forward, almost brushing the ground with your face, until you are resting the chest and chin on the ground. The pelvis remains raised by 15-20 centimetres.

Now the movement backwards: Inhale and push lightly with the arms, but glide backwards primarily with the pelvis, returning the glutei to the heels. The arms remain extended. Repeat from 5 to 15 repetitions.



Avoid raising the trunk when gliding both backwards and forwards. It is not difficult, but for some it is impossible initially because they don't yet have a perception of the sliding motion. It is most important for these people to practice this exercise. Therefore, do not be discouraged and attempt to overcome it with force. Here, gliding is enough; it is not necessary to strain.

Contraindications: pathologies of the upper limbs and the shoulders.

Benefits: this exercise of gliding is very useful to become aware of the tip of the sacral bone and the back of the neck (which is a second reference in relation to the sacral bone), and awareness of the horizontal sliding movement when your body is parallel to the ground. Psychologically, it helps to place the past and the present in relation to each other while overcoming fears of darkness, of being out of control and falling. It also teaches the art of gliding through things instead of always facing them head on or avoiding them.