

# Lesson 3

## Side lying and gentle twisting, breathing with a gentle twist

CD 2: Introduction Track 1  
Lesson 3 Track 2

Lesson Positions: Side lying and standing with feet crossed

Corresponding body warm-ups

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| 4. Gentle turning while sitting              | Page 24 |
| 5. Gently twisting your torso while standing | Page 25 |

The ability to turn freely in both directions is an important aspect of Dynamic Stability as well as everyday life. The turning movements in this lesson focus primarily on the chest and ribs and pelvis. When these are freer to turn, you will experience more freedom in your neck and shoulders and it is much easier to experience the feeling of length while being upright. It is important that the turning movements in this lesson are done slowly and gently so as to maximize their effect. If you have a history of discomfort or pain in your lower back and/or neck, it is especially important to move slowly and gently.

The first three lessons focus on softening and freeing the chest and spine through gentle bending and turning. Having the freedom to turn and bend in the chest is essential to Dynamic Stability, and will make being upright even easier as well as free up the movements of the ribs. There are some schools of breathing which advocate holding the chest open and up, or even holding it still while breathing when playing or singing. Followers of these schools may question the usefulness of this series because it encourages gentle movements in the chest, back and sides as well as in the abdomen. Holding your chest still or open while breathing not only restricts some of your natural lung capacity; it also interferes with Dynamic Stability. Breathing which includes movements in the chest does not have to be dramatic or induce the raising of the shoulders.

I have put some support under my head so that my neck is roughly parallel to the floor.



In the starting position, both of my arms are long and my left hand is resting on the right.



While sliding your arm forward and back, make sure it stays long.

Gently twisting just as far as is comfortable.



You may need to adjust the position of your feet so you feel stable and balanced. If having your feet crossed is too unstable or uncomfortable, you may place your feet parallel to one another. Make sure that your pelvis stays facing forward while turning your chest and head.