

Supine

- Transverse abdominis breathing (p. 130-131)
- Shoulder flex/ext/abd/add/horiz abd (p. 190)
- Bridging (p. 193-194)
- Knee tracking in hook lying
- Dead bug

Transition: rolling to side (p. 177)

Side lying

- 'Arrow' side balance (p. 180)
- Pinwheel spine rotations (p. 175-176)
- Side rolling (p. 178)
- Side elbow prop 'short plank' (p. 180)

Transition: rolling to prone (p. 177)

Prone

- Elbow prop & reach (p. 181)
- Abdominal draw (p. 203-204)
- Elbow transitions
- 'Reptile'

Transition: push to sit (p. 182)

Seated

*Cross-legged,
tailor sit, Z-sit*

- Back prop (p. 183)
- Front prop (p. 183)
- Lateral flexion & rotation (p. 220-221)
- Hand release (p. 215-216)
- Hinge & articulation (p. 217 & 219)

Transition: seated roll to quadruped (p.184)

Quadruped

- Weight shift: around the world, cannons (p.185)
- Arm reach
- Hip lift
- Crawling (p. 186)

Transition: draw back and lift to kneeling (p. 187)

Kneeling

low and tall

- Kneeling balance (p. 187)
- Lateral flexion & rotation
- Hinge & articulating spine
- Low to tall kneel transition (p. 241-242)
- Weight shift - single leg balance

Transition: pull one leg through to split kneeling (p. 243)