

# Tensegrity Repair Series. Created by Gioia Irwin.

Keep the curves of the feet, the bows of the knees. Keep your back broad and quiet. Snap up the inner knees and ankles. Breathe naturally through all movements. Move at 70% of your capability. If it is uncomfortable, you have gone too far. For maximum benefit perform these movements on a daily basis. These pictures are provided courtesy of Alix Rodrigues & Green Room Yoga only as a guide to the movements. It is strongly recommended that you study and learn the sequence from a qualified teacher. Key: \*E\* - eyes. \*C\* - count. \*B\* - use the block



Arms and legs move away from each other. B, C: 5 - 10



Legs and head move together. Arms opposite. C: 10 - 40 E: look side to side



Legs and head move together. Arms opposite. C: 20



Leg reaches. 20 - 30 seconds each side. E: distance 2, belly count 2. Repeat twice



Hands under ribs. Leg up and down. C: 10 - 40



Lie on right side. Lower leg moves up and down. Arm back and forth. C:10 - 40. E: hand, then the elbow



Upper leg moves up and down. C: 10 - 40 Repeat on other side, start with upper leg.



Knees and head move away from each other. C: 10 - 50



Legs and head move away from each other. C: 15



Legs back and forth. B. C: 20 - 100 E: side to side



Arms follow legs, head rolls to side with arm. Switch arms. B. E: scan side to side



Legs move out and up. B. C: 20 -100 E: Rub hands together, place over open eyes



Shift pelvis right, open and close knees and feet. Repeat left. Keep eyes covered. The hold head in centre. B. C: 30 - 200



Legs lengthen, then knees bend. Hold ribs. B. C: 10 - 100. E: close 2, open 2



Legs and head move together. Arms opposite. C: 10 - 40. E: look side to side



Legs open and close with arms, palms facing each other, then alternate legs and arms. Head rolls side to side. C: 10 - 50



Legs and head move away from each other. Knees bend, feet move toward ground. C: 15



Legs lean left, arms move parallel to ground. Repeat on right side. B. C: 10 - 50 E: follow end of dowel



Legs open. Straight arms move. B. C: 10 - 50



Legs lean left, then right, arms open and close, palms away, head follows arms. B. C: 10 - 50 Repeat, with palms forward.



Bum lifts. Arms in semi-circles. B. C: 10 - 40 E: follow hands, clockwise, counter-clock.



Hold outer knees. Move knees in circles, clockwise then counter. B. C:20 - 40



Connect inner knees, lift feet. Hand moves clockwise, then counter clockwise. Repeat on other side. C: 20 - 50



Arms move over head to ground. Head rolls side to side. C: 30 - 120 seconds. Can do legs first, then upper body.



Bum towards heels, then forward. C: 8 - 15



Cradle legs with arms. C: 5 - 15 seconds



Legs move out and up. C: 5 -15 seconds



Legs and torso move away. C: 5 - 15 seconds. Hold legs if needed, or place heels on ground.