

# EMBODIED LEARNING: Focus on the Hips and Low Back

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## Embodied Learning: Focus on the hips & lower back

This program focuses on the functioning of the hips and low back. The series of 8 lessons emphasize how healthy movement of the back and hips complement each other. The lessons begin simply and increase in complexity through the series. The ability to sit cross-legged is one of the movements focused on so these lessons are particularly relevant for those wishing to sit tailor fashion or in a lotus position more comfortably.

Lessons:

1. Foundations of Flexibility 1
2. Foundations of Flexibility 2
3. The Back and legs Support Each other 1
4. The Back and legs Support Each other 2
5. Circling with Ankles With a Quiet Back
6. Tilting the Legs and Belly
7. Reaching While Sitting
8. Lotus Sitting

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