



SOLE OF YOUR FOOT

Sitting on a chair, your feet in width of your hips leaned firmly against the mat. Stretch your head and straighten your back without leaning against the backrest.

- or according to your stability -

Standing up, your feet in width of your hips in parallel position, your arms along the body and your head stretched, your chin slightly drawn to your neck, your shoulders are broad.

Exercise 1:

Use any ball you have (e.g. overball). Put the sole of your foot on it and roll it to and fro along the whole sole.

Do the same with your other foot.

Exercise 2:

When sitting your feet work simultaneously, when standing up they work one after the other. Roll all of your toes inside under your sole and then stretch them. Repeat several times and then release them.

Exercise 3:

Try to raise all of your toes up to the ceiling and then press them back to the mat. Your arms loose, breathe freely. Repeat several times.

Exercise 4:

Swing to the tips and then to the heels, pushing your pelvis neither forward nor backwards. Breathing freely, repeat it several times and relax.

Exercise 5:

Standing up, slightly release your knees. One foot goes on the tip, the other goes on the heel. Alternate them continuously, your knees kept forward, breathe freely.

Exercise 6:

Only one foot is working. Bend your toes and try to shift the sole forward (like a measuring worm goes). Arch the sole and shift the heel to your toes. This goes continuously as far as possible and then fluently backwards. Do the same with your other foot.

Exercise 7:

Sitting on the edge of the chair so that you have space to get backwards with your foot, lean your foot on the instep and try to press it forward. Breathing freely, hang on. Then do the same with your other foot.



Exercise 8:

Both legs work simultaneously. Raise your toes up and then lay them down one after another from little toes to the big toes and repeat several times, your arms loose, breathe freely, concentrate only on your toes.

Exercise 9:

Recline your feet to the little toe sides and try to close your toes inside. Breathe freely. Then spread out your toes and recline your soles to the big toe sides.

Exercise 10:

Standing up, release your knees. Press the sides of your soles and circulate on the edges on the little toe sides to the tips and on the big toe sides to your heels. Then go the other way round. Breathing freely, do not fall over. Repeat several times and then straighten your feet.

Exercise 11:

Standing up, your feet in width of your hips in parallel position, your arms along the body and your head stretched, your chin slightly drawn to your neck, your shoulders are broad.

Open slightly your knees and recline your trunk a little forward and continuously backwards, your feet fixed on the mat. Breathe freely and perceive all of your toes. Repeat several times and then straighten your feet.