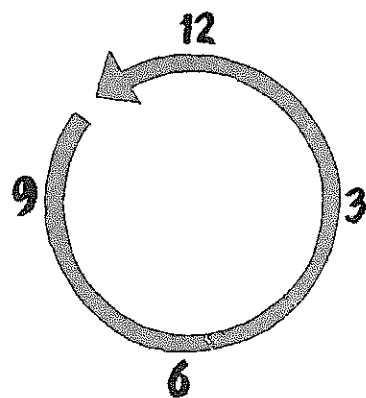


enjoy the improvement

14

Tilt your pelvis forward to 12 o'clock and then slowly roll your pelvis in a counterclockwise direction around the dial of the clock. Slowly pass through each hour, making a continuous circular movement.

- Relax your entire body.
- Notice that your head and chest are making a counterclockwise circular movement.
- Does the counterclockwise circular movement feel different from the clockwise circular movement?



And now, rest.

Notice how **little** muscular effort you require to sit upright. Feel how easily you can shift your pelvis to the right, to the left, forward, and backward. Feel how your weight is balanced evenly on your sitting bones.

You have completed **"Your Power Center."** When you stand up and walk around, notice the new flexibility in your hips, back, and legs. Notice how much more relaxed and taller you feel.

ADVANCED VERSION

"Your Power Center" may also be done while sitting on the floor, with the soles of your feet together, your hands resting on the floor behind you, with your fingers pointed away from your body. Rest on your back whenever you wish. Do not attempt the advanced version of "Your Power Center" until you have done the exercise at least twice while seated in a chair.

