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Az Európai Unió
társfinanszírozásával

Embodiment

Case study/Esettanulmány

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1. „The process of secretion“

Just as we savour the morsels that come to us in the life process of secretion, I savoured the wonderful practices that I was introduced to in embodiment training. I have tried to keep up the practice day after day and to begin to help those who come to me with difficulties to breathe in the practices, to experience their warming, nourishing effects...

It was not easy to choose who to do the case study on. In the end, I decided on the basis of which of my patients might most need to have a greater focus to embrace and hold her by listening and empathising with her story.

N. O. is a 32 years old lady, a Waldorf teacher.

2. The initial difficulty: (what the patient asked for help with)

Tension, difficulty falling asleep, restlessness, digestive problems (sometimes diarrhoea, sometimes constipation), anxiety about being alone, about change, about speaking in a larger circle, difficulty concentrating, imbalance physically, mentally, spiritually.

According to her, small symptoms started two years ago when her husband fell in love with another woman, they got divorced six months ago, signed the papers a few weeks ago.

She feels rhythmical massages and baths could help her.

3. Summary about her at the beginning:

Physical appearance:

Her clothes and shoes are tidy and arranged. Dresses in layers. Often wears tight trousers, longer top. Average height, slim. Fair, clean complexion, often wears make-up. Thin, straight, blond, silky hair (weekly haircut). Large, brown eyes, lips pursed but curved, teeth white and neat, nose and ears small. Her neck muscles are tense. Jaw is tight.

Legs and hands thin, trunk less mobile. The fingers and toes are finely shaped.

Life manifestations:

There is a strong desire to be calm, but it is very difficult to calm her thoughts, emotions, body. Her memory is selective, some things she remembers accurately, others she can't recall even reading her diary. She often feels remorse for things that are not her fault.

More often, she experiences sicknesses: nausea, dizziness, a feeling of tension, a pounding in the head. She has increased sensitivity to light, sound, smell. She often holds her breath in, letting a little out at the last minute. Diarrhoea or constipation may occur, alternately. She has a high need for movement, but if she gets into something, she usually gets hurt/injured. She's become fatigued.

Emotional and social life:

She used to be a social person. Now she can only be herself in front of a few people. So she shies away from outside invitations. She is very afraid of being alone. She tries to spare herself. She panics when something changes. She is very worried if someone is not satisfied with the way she has done something. The garden is a healing place for her, where she can calm down. She experiences strong swings of antipathy and sympathy. She is at the mercy of her awakening desires.

Will and intention life:

Leans forward from a sitting position, stands on two feet and then straightens up. She keeps her head straight (slightly stiffly), some time ago her shoulders started to slop slightly forward. When a stern look meets her eyes, she looks away. Kézfogása bizonytalan. Kevésbé küzd magáért. The writing is neat, slightly slanted. When she starts a day and something changes, she'd rather cancel the whole day and stay home. Her speech is clear, well articulated. Her thoughts are a little harder to formulate, but she has a well-constructed flow of ideas. Her balance has become unstable.

4. Summary of Anamnesis: Some aspects of her Life History

She was an unexpected baby, born by caesarean section on 15 October 1992. Her parents married because of the pregnancy and divorced, when the child was 3 years old. Her mother had a 10 years old son when the baby was born. She always felt that she had to be very good so as not to cause her mother sadness. Breastfed until 14 months. Her movement and speech development was normal. She studied hard at school to ensure she always brought home good grades and helped a lot around the house. She loved gardening the most, singing to the flowers, the beetles.

She has been through the common childhood illnesses. In general, she had respiratory problems, a sore throat, coughing as a child and occasional digestive problems, the cause of which has not been identified.

Her appetite was not very good, she was picky about food. As a very active child, she had little rest, but usually slept well at night.

She was loved by her contemporaries and played with many children, but she did not take much of a leading role.

At university she studied a lot, sometimes she was so absorbed in her studies that she didn't notice that she was hungry, thirsty and had to go to the toilet. That's when dizziness happened several times.

During and after university, she worked (in Waldorf School) and socialised a lot, loved people and meetings. That's how she met her future husband, with whom she got married after several exciting trips. Sometimes she longed for peace and quiet. She had more and more tasks in the Waldorf School, she wanted to fulfil them all, she had no free time, not even for her husband.

Two years ago, her husband found a new partner. Since then, the symptoms mentioned above (dizziness, loss of balance, fear, panic) started to appear and then intensified.

5. Summary of Reflex test (details in the attachment):

As Sally Goddard Blythe writes, early reflex patterns never disappear completely, they just go dormant. They may reappear, waking up to promote "survival".

I think something like that happened with my patient. Early reflexes were awakened in self-defence.

The Moro, Grasping, TLR, ATNR mildly (25%) triggered, Galant 50 % triggered on the left side. The balance is unstable.

6. Summary of Senses test (details in the attachment):

Sense of Touch and sense of Self:

Both polarities have characteristic traits. Overall, it is more hard to perceive her own and others' boundaries. Difficulty finding a healthy distance from things. Has a loss of confidence, asks a lot of questions for confirmation. She avoids challenges explicitly. Procrastination.

Sense of Life and sense of Thought:

Limbs are cold, difficult to warm, but heat currents can be turned on by massage, foot baths. She suspects dizziness is caused by digestive problems or food intolerance, but so far doctors have found nothing wrong. She tries to eat more iron-rich foods. She often feels hungry or thirsty too late, and then she feels dizzy. She avoids toilets in strange places, she likes to go home.

She has difficulty falling asleep, cannot sleep through the night and is very tired during the day. For seven years she has not had a break during the day, she has worked all day long and has not noticed this.

She has become more sensitive to sounds, smells and light.

She often senses the thoughts of others.

Sense of self-movement and sense of Speech:

She often makes too much effort, accidentally dropping or breaking things in a hurry. She has less sense of her own movements. Writes with a strong emphasis. Speaks more timidly, but her speech is orderly.

Sense of balance and hearing:

Nausea when travelling. Difficulty with orientation. Uncertain movements.

7. The choice of Exercises (details in the attachment):

Based on the above observations, I thought the main task was to get the „I“ back into the body. Therefore, my aim was to include as many exercises as possible that would help her to do this.

Another important aspect was to introduce twisting, rotating movements very slowly and gradually because of the dizziness.

Because of the stronger (50%) triggering of the Galant reflex, I also carefully incorporated therapeutic movements to this end.

After the assessments and anamnesis, the first set of movements (weeks 4 and 5) were mainly repetitions of stretches and contractions (calling in the „I“), windmills to bring a little calm to the nights, and slow rolls from side to belly. When sitting up, I made an explicit effort to encourage the patient to keep the palms on the ground, pushing for a few moments. We always started in an upright position and finished in an upright position, walking down, each side. (We did this for two weeks and the patient managed to sleep through the nights.)

In the sixth week, in addition to the previous exercises, there were more side-to-belly, belly-to-side and side-to-back turns, all at a slow, relaxed pace. The patient also performed head rotation while lying on her back. In week seven, we continued this and added head and knees together on the back.

In the eighth week, I added the exercise of the prone head lifting with three breath, and by the ninth week the patient was turning his head to the right and left nicely on his stomach.

In the tenth week, the patient developed a cold, but was keen to continue with the exercise. So we went back to the seventh week (because the patient couldn't breathe on her stomach). In the eleventh week we tried the ninth week again with the stomach head lifting exercises.

In the twelfth week we tried the Galant therapeutic exercise. And on the thirteenth week, the little mermaid started to twist.

Here we go and here we stay for a few weeks and then continue with cross training exercises according to my plans.

8. Summary of the experience of the exercises:

My patient was very happy when I told her that we would be doing embodiment exercises in addition to rhythmic massage therapy. She lives close to me and was happy to visit more often.

After the anamnesis and assessments, the fourth and fifth week brought wonderful results as she was able to sleep longer and longer through the night. She was happy to do the exercises. It was astonishing how difficult it was for her to stretch out to lie on her side. She didn't realise how much she was bending. I helped her a lot, but it wasn't until the twelfth week that she could do it on her own.

From the sixth week onwards, she indicated that she felt like she had a cold when turning her head, but this strange feeling disappeared when the exercises were finished. When she turned with her knees in both directions in the seventh week, the first two days she was wobbly, but from the third day onwards she was doing it with a nice flow.

When doing the abdominal head lift, her neck and shoulder muscles were very tight. Sometimes we would stop, I would massage her neck, shoulders and waist a bit, then she would continue. This tight posture also changed very slowly.

At the tenth week, when the patient's nose was blocked, she said every day that it was better after the series of movements, although she felt a bit dizzy. On the sixth day her nose started to stick out.

By the eleventh week, the dizziness had gone and the nose was clear, so she did the belly lifts again. Again, some massage touches were needed in between.

In the twelfth week, during the Galant reflex deconditioning exercise, the patient had a strong urge to pee for the first two days, this subsided by the third day and was gone by the fifth day.

In this last week the little mermaid started to roll slowly, first three days she felt a little dizzy, but then it eased/reduced.

Overall, the patient reported that her sleep was very positively affected by the exercises. She also started to go out again in small groups for a few hours. She has

a slightly better sense of her limits, borders and strengths. She is hungry more often. Not so afraid of change.

Still has balance problems. Still has diarrhoea from time to time.

9. Attachments:

I., Reflex test:

Moro-reflex: 25 % Blushing, slight movement of the hands

Seeker - sucking reflex: NAD

Grasping reflex: slightly triggered

Galant reflex: 50 % hip tilt is observed on the left side at 15-20 degrees

TLR: 25 % slight changes in balance and muscle tone (hands move, torso tightens, mouth moves)

STNR: NAD

ATNR: 25 % slight arm bending on both sides

Chicken step and balance: 25% hands and face slightly involved, looking down, slight balance problem

Frog walk: 25% involuntary hand movement to the left, adjusts

Standing on one foot: On the right leg (her chose) - wobbles a little with eyes open, can't stop with eyes closed, wobbles less on left foot (10 min)

Eye muscle test: The movement of the eye crosses the midline.

Head position: no problem lifting the head during active head lifting

passive head lifting: the head follows the movement

Hopping on one leg: On right leg: Rest after 30 jumps, bouncing on full foot, a little clumsy, but continuously, left arm bent, can stop

Bean bag catch: fingers stretch when he grabs the bean bag (MORO)

Toe movement: hand fingers and mouth move slightly

The tongue can move freely inside and outside the mouth

The man-house-tree drawing is beautiful, balanced.

II., Az érzékszervi zavarok diagnosztizálása:

A., A tapintás érzék és az én-érzék zavarainak diagnosztizálása: N.O. 32 éves

Külső megjelenés:

Túlérzékeny:

- **Finom/vékony haj és bőr:** igen
- **Gyorsan váltakozó bőrpír és sápadtság:** igen

Érzékenység hiánya:

- Vastag haj és **fesztes bőr:** feszes a bőr
- Nem izzad, illetve erőfeszítés után **csak az arcon** és a nyakon **jelenik meg izzadtság, alvás közben leizzad:** ritkán izzad, mostanában éjszaka

Szexuális zaklatás, erőszak eredményeként:

Anamnézis:

Túlérzékeny:

- Nagyon **érzékeny a szúrós, karcos ruhákra:** igen
- Nem szeret semmi szúrósat/darabosat enni: szeret
- **Nem szereti a váratlan** és a túl gyengéd, túl „felületes” **érintéseket** - A gyengédet szereti, csak nem váratlanul
- **Szeretne szorosan és hosszú ideig érintve, megölelve lenni:** időnként
- Nagyon érzékenyen reagál fájdalomra
- Bármilyen a környezetben fellépő hangulatot könnyen felvesz és tükröz, könnyen ráhangolja magát **a környezetre:** igen

Érzékenység hiánya:

- A gyerek átmászik a szülők ágyába és nekinyomja magát a szülőknek: időnként előfordul
- Nem ismeri jól a saját testét, nem tájékozódik túl jól a saját testében: gyerekként igaz volt
- Néha túl álmodozó és nem figyel: jellemző
- A szorongásai ellenére bátor: kicsit igaz

Mindkét típusra igaz:

- Nem ismeri fel mások határait - mostanában nehezebb a határ felismerés
- Nem tudja távol tartani magát a dolgoktól, nem ismeri fel a saját határait
- Nem él harmóniában önmagával, nem tekinti magát teljes embernek
- Bizalomhiány

Erőszak következménye: nem volt erőszak

Viselkedés:

Túlérzékeny:

- Megpróbálja elkerülni a kihívásokat, vagy megpróbál bármilyen áron sikeres lenni
- Nehezen kezd bele a dolgokba

Erőszak következményei rajzban így mutatkozhatnak:

- Újra és újra szíveket és szivárványokat rajzol: időnként

Minden típusra igaz:

B., Az életérzés és a gondolat-érzéki zavar diagnosztizálása,

az Asperger-szindrómáig és az autizmusig

Ezen rendellenességek esetében a diagnózis felállítása az anamnézis alapján történik, nem úgy, mint a többi rendellenességnél, ahol leginkább csak a külső megfigyelések alapján történik ez meg.

Külső megjelenés:

Túl aktív szimpatikus idegrendszer:

- Ismeri a menő márkákat, nagyon ismeri a dizájnert ruhákat és a divatot, modellszerűen öltözködik vagy szokatlan, egyedi ruhákat visel: igen

- **Testalkat:** magas és karcsú, de nem magas, átlagos magasságú. igen
- **Az arc gyakran sápadt:** igen
- **Végtagok gyakran hidegek:** igen

Túl aktív paraszimpatikus idegrendszer: nem

Mindkét típus anamnézise:

- Mell elutasítása vagy 12 hónapnál tovább szeretne szopni a gyerek: 14 hónapig szopott
- Enyhe étel-intolerancia, ami rossz közérzethez vezet: 12 éves kortól szédülés, talán étel-intolerancia miatt
- Magnézium-, cink-, szelén-, vas- és B6/B12-vitamin-hiány lehetséges: vashiány
- Féltékenység a testvérek születésekor: féltékeny vendég gyerekekre is
- Utálja a változásokat: nem, bár azutóbbi két évben nehéz alkalmazkodni
- 26 és 36 hónapos kora között nem megy át a „hisztis kétéves” korszakon: igen
- elváltoztatott vagy túl magas hangon beszél: kicsit nyávogó

Túl aktív szimpatikus idegrendszer:

Alvás:

- **Elalvási nehézségek:** mostanában két éve vannak
- **Nem tudja átaludni az éjszakát**
- **Nem tart szünetet a nap folyamán:** éveken át így élt
- **Mindezt nem veszi észre, vagy túl későn veszi észre, amikor a fáradtság már beállt**

Evés:

- **Nem érez éhséget és szomjúságot – vagy túl későn érzi ezt**
- **Nagyon válogatós:** gyerekként nagyon, fiatalként egyre kevésbé, inkább finnyás

Egyéb:

- **Nem szereti a WC-t használni, különösen az ismeretlen WC-ket kerüli:** két éve kerüli az ismeretlen WC-ket
- **Három szónál többet beszélt, mielőtt megtanult járni:** igen
- **Nagy szókinccsel és szuper memóriával rendelkezik:** igen
- **Érzékeny a szagokra:** igen

Túl aktív paraszimpatikus idegrendszer:

Alvás:

- Nyugodt baba, nyugodt kisgyerek volt
- Sokat alszik

Mindkettőre érvényes viselkedési minták:

Kapcsolatfelvétel, kapcsolat tartás:

- Félénk és szorongó
- Kevés önbizalma van: mostanában
- Nehézségek a vele azonos korú emberekkel való kapcsolatteremtésben: nem, két éve nehézségek
- Nem szeret másokhoz látogatóba menni: két éve így van
- Könnyen belesimul mások identitásába, „lemásolva” az embereket és az állatokat: igen
- Szívesen segít, mert különben unatkozna: igen

A folyamatba vetett bizalom hiánya:

- Fél a változástól: két éve igen
- Mindent elsőre tökéletesen akar csinálni, nem tud gyakorolni: jellemző

Játék:

Gondolatérzék:

- Gyakran képes „olvasni” a gondolatokat: igen

Túl aktív szimpatikus idegrendszer:

Túl aktív paraszimpatikus idegrendszer:

C., A saját-mozgás érzék és a beszédérzék zavarainak diagnosztizálása

Valamint a visszamaradt csecsemőkori reflexek hatása

Külső megjelenés:

Petyhüdt / átlagosnál kevésbé érzékeny (alul érzékeny):

- A vállak előre esnek: enyhén
- Szélsőséges esetekben athetozis (végtagok vagy a gerinc kisízületeinek megbetegedése, melynek során a csontot borító porc elvékonyodik, elkopik) léphet fel (akaratlan mozgások): elvékonyodás

Petyhüdt - kompenzált / túlérzékeny, túlérzékenységgel:

- Szépen formált izmok a nyakban és a vádliban
- Száj feszes, ajkak szorosan zárva
- Feszült nyakizmok
- Emelt vállak

Túl feszült/túlérzékeny:

- Feszült állkapocs

Anamnézis

A fejlődést nem segítő nevelési technikák:

- A baba hasra fektetése, mielőtt a gyermek eléri ezt a fejlődési szakaszt

A rendellenes motorikus fejlődés jelei: nincs

Tipikus viselkedés

Minden típusra igaz:

- Nem hatékony az energiagazdálkodása: túl sok vagy túl kevés erőfeszítéssel tevékenykedik: időnként
- A szem-kéz koordináció nem volt elég fejlett gyerekkorában
- Gyakran lök le, ejt le, tör szét dolgokat

Gyermekrajzok jellemzői: nyak, karok, kezek és lábak nem hiányoznak

A nyelvre és a beszédérzékre gyakorolt hatás: nincs

A gyermek iskolai teljesítményében fellelhető hatások:

Ceruza használat: túl erősen nyomja a papírra.

D., Az egyensúlyérzéki és a hallásérzéki zavarok diagnosztizálása

Külső megjelenés: Lásd a saját-mozgás érzékben leírt külső megjelenést

A diagnózisbeli eltérés az anamnézisen és a viselkedésen alapul.

Anamnézis és viselkedés:

Hypo-érzékeny (alul érzékeny): nem

Túlérzékeny:

- Szorongást érez egyensúlyozás, mászás, csúszdázás közben: időnként

- Hányingere van autóban való utazás, vitorlázás, hintázás közben: igen
- Szereti valakinek a kezét fogni: időnként

Mindkét típusra vonatkozik:

- 6-7 évesen nincs meg a középvonal keresztezése, dominancia kialakult
- 9 évesen nem tudott elengedetten hátrafelé menni: enyhén szorong ettől
- Nehézségei vannak a térbeli tájékozódással: ismeretlen házakban, új városokban nem tud tájékozódni; nehézségei vannak a térképhasználattal. az utóbbi két évben

A gyermek iskolai teljesítményében fellelhető hatások:

- Nem tud magában számolni, nem tud az internalizált „numerikus térhez” kapcsolódni, nehézségek geometriában és számolásban: enyhe nehézségek

tud koncentrálni: sokáig tud

Diary:

1st week (November 20-26): Examinations. Reflex test

2nd week (November 27-December 3): Anamnesis

3rd week (December 3-10): Observations: Senses

4th and 5th week (December 11-24): Exercises

1. Right foot steps out, descends to right knee, then to two knees, then sits out to right heel
2. Right arm extended, palm facing up, than left arm locked, legs outstretched (sideways)
3. Roll over from side to stomach
4. Windmill first version on the right side
5. Incarnation exercise (on stomach)

6. Turns from lying on belly to left side with arms extended

7. Placing right palm in front of chest, pulling knees up and pushing up into mermaid girl seat

8. Kneeling then right foot on the ground, then left foot on the ground and walk

9-16. And the same exercises on the other side.

6. week (December 25-31): Exercises

1. Right foot steps out, descends to right knee, then to two knees, then sits out to right heel

2. Right arm extended, palm facing up, than left arm locked, legs outstretched (sideways)

3. Roll over from side to stomach and relax

4. Roll over from the stomach to left side

5. Placing right palm in front of chest, pulling knees up and pushing up into Little Mermaid girl seat (without turn)

6. Left arm extended, palm facing up, than right arm locked, legs outstretched (sideways)

7. Roll over from the left side to back – pads in

8. Right arm down, palm facing up and left arm down, palm facing up, and right foot up on the ground and left foot up on the ground

9. Turn head to the right and then to the left slowly and continuously three times

10. Take a deep breath and lean into the pads – pads out

11. Stretch arms up (right and left), stretch legs down (right and left)

12. Roll over from back to right side
13. Placing left palm in front of chest, pulling knees up and pushing up into mermaid girl seat (without turning)
14. Right arm extended, palm facing up, than left arm locked, legs outstretched (sideways)
15. Roll over from right side to stomach
16. Windmill first version on the right side
17. Incarnation exercise (on stomach)
18. Turns from lying on belly to left side with arms extended
19. Placing right palm in front of chest, pulling knees up and pushing up into mermaid girl seat (no twisting)
20. Kneeling then right foot on the ground, then left foot on the ground and walk
- 21-40. And the same exercises on the other side.

7th week (January 1-7):

1. Right foot steps out, descends to right knee, then to two knees, then sits out to right heel
2. Right arm extended, palm facing up, than left arm locked, legs outstretched (sideways)
3. Roll over from side to stomach and relax
4. Roll over from the stomach to left side

5. Placing right palm in front of chest, pulling knees up and pushing up into Little Mermaid girl seat (without turn)

6. Left arm extended, palm facing up, than right arm locked, legs outstretched (sideways)

7. Roll over from the left side to back – pads in

8. Right arm down, palm facing up and left arm down, palm facing up, and right foot up on the ground and left foot up on the ground

9. Turn head to the right and then to the left slowly and continuously three times

10. Take a deep breath and lean into the pads

11. Pull up right knee, then left knee, then touch right knee with right hand, then touch left knee with left hand

12. Head and knees together turn slowly to the right and then to the left three times (nose facing between knees)

13. Right arm down, palm facing up and left arm down, palm facing up, and right foot down on the ground and left foot down on the ground

14. Take a deep breath and lean into the pads – pads out

15. Stretch arms up (right and left), stretch legs down (right and left)

16. Roll over from back to right side

17. Placing left palm in front of chest, pulling knees up and pushing up into mermaid girl seat (without twisting)

18. Right arm extended, palm facing up, than left arm locked, legs outstretched (sideways)

19. Roll over from right side to stomach

20. Windmill first version on the right side

21. Incarnation exercise (on stomach)

22. Turns from lying on belly to left side with arms extended

23. Placing right palm in front of chest, pulling knees up and pushing up into mermaid girl seat (no twisting)

24. Kneeling then right foot on the ground, then left foot on the ground and walk

25-50. And the same exercises on the other side.

8th week (January 8-14):

1. Right foot steps out, descends to right knee, then to two knees, then sits out to right heel

2. Right arm extended, palm facing up, than left arm locked, legs outstretched (sideways)

3. Roll over from side to stomach and relax

4. Roll over from the stomach to left side

5. Placing right palm in front of chest, pulling knees up and pushing up into Little Mermaid girl seat (without turn)

6. Left arm extended, palm facing up, than right arm locked, legs outstretched (sideways)

7. Roll over from the left side to back – pads in

8. Right arm down, palm facing up and left arm down, palm facing up, and right foot up on the ground and left foot up on the ground

9. Turn head to the right and then to the left slowly and continuously three times

10. Take a deep breath and lean into the pads

11. Pull up right knee, then left knee, then touch right knee with right hand, then touch left knee with left hand

12. Head and knees together turn slowly to the right and then to the left three times (nose facing between knees)

13. Right arm down, palm facing up and left arm down, palm facing up, and right foot down on the ground and left foot down on the ground

14. Take a deep breath and lean into the pads – pads out

15. Stretch arms up (right and left), stretch legs down (right and left)

16. Roll over from back to right side

17. Placing left palm in front of chest, pulling knees up and pushing up into mermaid girl seat (without twisting)

18. Right arm extended, palm facing up, then left arm locked, legs outstretched (sideways)

19. Roll over from right side to stomach

20. Pad in, palms together, palms facing down, right hand is above, forehead resting on the back of the right hand at the hairline, feet and knees facing outwards

21. Contraction of the gluteal muscles, raising the head slightly, take 3 deep breaths, then lower the head, muscles relax (repeat three times) – pad out

22. Windmill first version on the right side

23. Incarnation exercise (on stomach)

24. Turns from lying on belly to left side with arms extended

25. Placing right palm in front of chest, pulling knees up and pushing up into mermaid girl seat (no twisting)

26. Kneeling then right foot on the ground, then left foot on the ground and walk

27-52. And the same exercises on the other side.

9th week (January 15-21)

1. Right foot steps out, descends to right knee, then to two knees, then sits out to right heel

2. Right arm extended, palm facing up, than left arm locked, legs outstretched (sideways)

3. Roll over from side to stomach and relax

4. Roll over from the stomach to left side

5. Placing right palm in front of chest, pulling knees up and pushing up into Little Mermaid girl seat (without turn)

6. Left arm extended, palm facing up, than right arm locked, legs outstretched (sideways)

7. Roll over from the left side to back – pads in

8. Right arm down, palm facing up and left arm down, palm facing up, and right foot up on the ground and left foot up on the ground

9. Turn head to the right and then to the left slowly and continuously three times

10. Take a deep breath and lean into the pads

11. Pull up right knee, then left knee, then touch right knee with right hand, then touch left knee with left hand

12. Head and knees together turn slowly to the right and then to the left three times (nose facing between knees)

13. Right arm down, palm facing up and left arm down, palm facing up, and right foot down on the ground and left foot down on the ground

14. Take a deep breath and lean into the pads – pads out
15. Stretch arms up (right and left), stretch legs down (right and left)
16. Roll over from back to right side
17. Placing left palm in front of chest, pulling knees up and pushing up into mermaid girl seat (without twisting)
18. Right arm extended, palm facing up, then left arm locked, legs outstretched (sideways)
19. Roll over from right side to stomach
20. Pad in, palms together, palms facing down, right hand is above, forehead resting on the back of the right hand at the hairline, feet and knees facing outwards
21. Contraction of the gluteal muscles, raising the head slightly, take 3 deep breaths, then lower the head, muscles relax (repeat three times)
22. Contraction of the gluteal muscles, raising the head slightly and then turn slowly to the right and then to the left continuously three times, and then lower head and relax muscles – pad out
23. Windmill first version on the right side
24. Incarnation exercise (on stomach)
25. Turns from lying on belly to left side with arms extended
26. Placing right palm in front of chest, pulling knees up and pushing up into mermaid girl seat (no twisting)
27. Kneeling then right foot on the ground, then left foot on the ground and walk
- 28-54. And the same exercises on the other side.

10th week (January 22-28):

The patient had a cold, his nose was blocked, but she wanted to exercise

1. Right foot steps out, descends to right knee, then to two knees, then sits out to right heel

2. Right arm extended, palm facing up, than left arm locked, legs outstretched (sideways)

3. Roll over from side to stomach and relax

4. Roll over from the stomach to left side

5. Placing right palm in front of chest, pulling knees up and pushing up into Little Mermaid girl seat (without turn)

6. Left arm extended, palm facing up, than right arm locked, legs outstretched (sideways)

7. Roll over from the left side to back – pads in

8. Right arm down, palm facing up and left arm down, palm facing up, and right foot up on the ground and left foot up on the ground

9. Turn head to the right and then to the left slowly and continuously three times

10. Take a deep breath and lean into the pads

11. Pull up right knee, then left knee, then touch right knee with right hand, then touch left knee with left hand

12. Head and knees together turn slowly to the right and then to the left three times (nose facing between knees)

13. Right arm down, palm facing up and left arm down, palm facing up, and right foot down on the ground and left foot down on the ground

14. Take a deep breath and lean into the pads – pads out

15. Stretch arms up (right and left), stretch legs down (right and left)

16. Roll over from back to right side
17. Placing left palm in front of chest, pulling knees up and pushing up into mermaid girl seat (without twisting)
18. Right arm extended, palm facing up, than left arm locked, legs outstretched (sideways)
19. Roll over from right side to stomach
20. Windmill first version on the right side
21. Incarnation exercise (on stomach)
22. Turns from lying on belly to left side with arms extended
23. Placing right palm in front of chest, pulling knees up and pushing up into mermaid girl seat (no twisting)
24. Kneeling then right foot on the ground, then left foot on the ground and walk
- 25-50. And the same exercises on the other side.

11th week (January 29-February 4):

1. Right foot steps out, descends to right knee, then to two knees, then sits out to right heel
2. Right arm extended, palm facing up, than left arm locked, legs outstretched (sideways)
3. Roll over from side to stomach and relax
4. Roll over from the stomach to left side
5. Placing right palm in front of chest, pulling knees up and pushing up into Little Mermaid girl seat (without turn)

6. Left arm extended, palm facing up, than right arm locked, legs outstretched (sideways)

7. Roll over from the left side to back – pads in

8. Right arm down, palm facing up and left arm down, palm facing up, and right foot up on the ground and left foot up on the ground

9. Turn head to the right and then to the left slowly and continuously three times

10. Take a deep breath and lean into the pads

11. Pull up right knee, then left knee, then touch right knee with right hand, then touch left knee with left hand

12. Head and knees together turn slowly to the right and then to the left three times (nose facing between knees)

13. Right arm down, palm facing up and left arm down, palm facing up, and right foot down on the ground and left foot down on the ground

14. Take a deep breath and lean into the pads – pads out

15. Stretch arms up (right and left), stretch legs down (right and left)

16. Roll over from back to right side

17. Placing left palm in front of chest, pulling knees up and pushing up into mermaid girl seat (without twisting)

18. Right arm extended, palm facing up, than left arm locked, legs outstretched (sideways)

19. Roll over from right side to stomach

20. Pad in, palms together, palms facing down, right hand is above, forehead resting on the back of the right hand at the hairline, feet and knees facing outwards

21. Contraction of the gluteal muscles, raising the head slightly, take 3 deep breaths, then lower the head, muscles relax (repeat three times)

22. Contraction of the gluteal muscles, raising the head slightly and then turn slowly to the right and then to the left continuously three times, and then lower head and relax muscles – pad out

23. Windmill first version on the right side

24. Incarnation exercise (on stomach)

25. Turns from lying on belly to left side with arms extended

26. Placing right palm in front of chest, pulling knees up and pushing up into mermaid girl seat (no twisting)

27. Kneeling then right foot on the ground, then left foot on the ground and walk

28-54. And the same exercises on the other side.

12th week (February 5-11):

1. Right foot steps out, descends to right knee, then to two knees, then sits out to right heel

2. Right arm extended, palm facing up, then left arm locked, legs outstretched (sideways)

3. Roll over from side to stomach and relax

4. Roll over from the stomach to left side

5. Placing right palm in front of chest, pulling knees up and pushing up into Little Mermaid girl seat (without turn)

6. Left arm extended, palm facing up, than right arm locked, legs outstretched (sideways)

7. Roll over from the left side to back – pads in

8. Right arm down, palm facing up and left arm down, palm facing up, and right foot up on the ground and left foot up on the ground

9. Turn head to the right and then to the left slowly and continuously three times

10. Take a deep breath and lean into the pads

11. Pull up right knee, then left knee, then touch right knee with right hand, then touch left knee with left hand

12. Head and knees together turn slowly to the right and then to the left three times (nose facing between knees)

13. Right arm down, palm facing up and left arm down, palm facing up, and right foot down on the ground and left foot down on the ground

14. Take a deep breath and lean into the pads – pads out

15. Stretch arms up (right and left), stretch legs down (right and left)

16. Roll over from back to right side

17. Placing left palm in front of chest, pulling knees up and pushing up into mermaid girl seat (without twisting)

18. Right arm extended, palm facing up, than left arm locked, legs outstretched (sideways)

19. Roll over from right side to stomach

20. Pad in, palms together, palms facing down, right hand is above, forehead resting on the back of the right hand at the hairline, feet and knees facing outwards

21. Contraction of the gluteal muscles, raising the head slightly, take 3 deep breaths, then lower the head, muscles relax (repeat three times)

22. Contraction of the gluteal muscles, raising the head slightly and then turn slowly to the right and then to the left continuously three times, and then lower head and relax muscles

23. Right hip push down and left elbow lift at the same time, then switch: left hip push down and right elbow lift, repeat 3 times and relax

24. Windmill first version on the right side

25. Incarnation exercise (on stomach)

26. Turns from lying on belly to left side with arms extended

27. Placing right palm in front of chest, pulling knees up and pushing up into mermaid girl seat (no twisting)

28. Kneeling then right foot on the ground, then left foot on the ground and walk

29-56. And the same exercises on the other side.

13th week (February 12-17):

1. Right foot steps out, descends to right knee, then to two knees, then sits out to right heel

2. In Little Mermaid position, steps with palms facing 180 degrees, twisting right, during long neck

3. Right arm extended, palm facing up, then left arm locked, legs outstretched (sideways)

4. Roll over from side to stomach and relax

5. Roll over from the stomach to left side

6. Placing right palm in front of chest, pulling knees up and pushing up into Little Mermaid girl seat

7. In Little Mermaid position, steps with palms facing 180 degrees to the left, during long neck

8. Left arm extended, palm facing up, then right arm locked, legs outstretched (sideways)

9. Roll over from the left side to back – pads in

10. Right arm down, palm facing up and left arm down, palm facing up, and right foot up on the ground and left foot up on the ground

11. Turn head to the right and then to the left slowly and continuously three times

12. Take a deep breath and lean into the pads

13. Pull up right knee, then left knee, then touch right knee with right hand, then touch left knee with left hand

14. Head and knees together turn slowly to the right and then to the left three times (nose facing between knees)

15. Right arm down, palm facing up and left arm down, palm facing up, and right foot down on the ground and left foot down on the ground

16. Take a deep breath and lean into the pads – pads out

17. Stretch arms up (right and left), stretch legs down (right and left)

18. Roll over from back to right side

19. Placing left palm in front of chest, pulling knees up and pushing up into mermaid girl seat

20. In Little Mermaid position, steps with palms facing 180 degrees to the right, during long neck

21. Right arm extended, palm facing up, then left arm locked, legs outstretched (sideways)

22. Roll over from right side to stomach

23. Pad in, palms together, palms facing down, right hand is above, forehead resting on the back of the right hand at the hairline, feet and knees facing outwards

24. Contraction of the gluteal muscles, raising the head slightly, take 3 deep breaths, then lower the head, muscles relax (repeat three times)

25. Contraction of the gluteal muscles, raising the head slightly and then turn slowly to the right and then to the left continuously three times, and then lower head and relax muscles

26. Right hip push down and left elbow lift at the same time, then switch: left hip push down and right elbow lift, repeat 3 times and relax

27. Windmill first version on the right side

28. Incarnation exercise (on stomach)

29. Turns from lying on belly to left side with arms extended

30. Placing right palm in front of chest, pulling knees up and pushing up into mermaid girl seat (no twisting)

31. Kneeling then right foot on the ground, then left foot on the ground and walk

32-62. And the same exercises on the other side.