

### Seated Clock

- A. Imagine you are sitting on the face of a clock, with 12 in front of you and 6 behind; 3 under the right hip, 9 under left.
- B. Inhale tip pelvis forward gently toward 12, 'spilling' forward and feeling weight transfer forward on sitting bones. Exhale back to 6 and shift weight back.
- C. Once that is smooth, trying shifting weight toward '3' on inhale, exhale to center, then inhale to '9' etc. Play with hours across the clock as well moving slowly (5-11, 1-7, etc.)
- D. Finishing going slowly around the clock both clockwise and counter clockwise.
- E. Repeat for \_\_\_\_\_ minutes \_\_\_\_\_ times per day.



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