

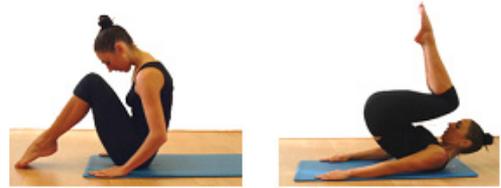
## Rolling like a ball

Starting position: Sit on the front edge of your mat. Roll off the back of your sitting bones to form a 'C' shape of your spine. Round your upper back to follow the shape and keep your neck long. Hips and knees bent, legs connected. Arms beside your hips. Tips of toes and palms resting on the mat.



### Level 1

- INHALE to prepare
- EXHALE, maintaining the C shape of your spine, roll your body backwards towards your shoulder blades. Imagine the curve of the spine deepening as you roll. Do not throw your head back, roll back to your shoulders only. Use your arms to help control the movement.
- INHALE and roll the body forwards to balance with the tips of your toes on the mat. Keep equal distance between your chest and your thighs as you roll.
- Continue on and keep the movement flowing as if your body is a ball rolling forwards and backwards.  
Sets: 2   Reps: 10



### Level 2

- Assume the level one starting position and then reach your hands towards your ankles to challenge your balance
- Repeat rolling like a ball without the support of your arms
- Balance in between rolling movements using the tips of your toes  
Sets: 2   Reps: 10



### Level 3

- Assume the level two starting position and then hover your toes above the mat to further challenge your balance
- Repeat rolling like a ball without the support of your arms or feet
- Balance in between rolling movements using your centre only  
Sets: 2   Reps: 10



### Tips

- The spine must remain rounded and not flatten as you roll like a ball
- Think of the tailbone lifting upwards towards the ceiling through your rolling
- Keep the chin tucked softly towards the chest to prevent the head falling backwards
- The distance between your heels and your bottom and your knees and your chest should stay constant