

Imprinting

Starting position: Rest position. Centre engaged.

Action

- INHALE to prepare
 - EXHALE, think of sliding your ribcage downwards towards your waist to flatten the spine slightly. You will feel a deeper connection with the abdominal muscles
 - INHALE and hold this imprinted position
 - EXHALE and return to the neutral position
- Sets: 2 Reps: 10



Tips

- Do not press your lower back into the mat, the movement is more subtle than this
- It is important to contract your abdominals slightly more than when compared to centering
- As your abdominals become more efficient, your lower back will remain in neutral alignment during imprinting