

Balanced Practice Categories in a Classical Progression

1. Joint and General Limbering

2. Pelvic Centering/Abdominal Work

3. Whole Body Integration

4. Standing Poses/Balance

5. Side Bending

6. Sitting

7. Backward Bending and Shoulder Mobility

8. Twisting

9. Forward Bending and Hip Mobility

10. Inversions

11. Relaxation