

Price List

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- 17E. Pelvic & head clocks
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- 21E. Sidelying lifting arms & legs into rolling
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- 23E. Supine walking on your back
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- 27E. Standing, turning sequentially
- 28E. Supine, lifting the hip on a roller
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- 30E. Rolling from foot under knee
- 31E. Supine, reaching arm to ceiling
- 32E. Pelvic floor 1
- 33E. Sidelying turning from the foot
- 34E. Small, tall
- 35E. Standing & sitting circles
- 36E. Rotating shoulders in all positions

Moderate

lessons

- 1M. Co-ordinating pelvis & lumbar spine
- 2M. Lifting the pelvis with crossed legs
- 3M. On all fours to sitting
- 4M. Prone, crawling
- 5M. Prone, arms at right angles
- 6M. Rolling, holding toes
- 7M. Rolling to sit with long arm

- 8M. Releasing the belly & breath
- 9M. Sidelying, looking at the foot in front & behind
- 10M. Standing & lying pelvic movements
- 11M. On All 4s, plaiting the legs
- 12M. Extension from the head & tail
- 13M. Rotating shoulders in 4 positions
- 14M. Hip stabilisation in 4 positions
- 15M. Sidesitting turning
- 16M. Walking with hands on a chair

ADVANCED lessons

- 1A. Chair, twisting & bending
- 2A. Prone, translating the head
- 3A. On all 4s Eyes & Flexion, Extension.

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