

Balance Module – Lesson 2

Welcome to your second lesson.

Today you will learn this week's exercises.

Before you try them you should do the warm-ups from lesson 1. There is a link at the bottom of the page. If you're short on time make sure you save time to do the stretches from lesson 1, at the end.

Just like our horse we want to be supple and toned. If you try and stretch at the beginning, without warming up, you risk tearing muscle fibers. If you don't stretch, at the end, then the muscles that were used will tend to stay in their contracted state, making them easier to tear. So you want to warm up, build your muscles and then restore their suppleness.

The Otter Rolls can be done on the floor but they're a lot more fun in the pool, and most of the standing exercises can also be done at home. But another way to learn them, is by visualizing them, so when you go to the pool with your cheat sheet you know what you want to do.

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When you do them in the water you will notice a lot more about your postural habits. We are so used to the way we carry ourselves that even though we are uneven and crooked, we feel like we are balanced and straight. As does our horse. And just like our horse, when we are shown a different way to move it takes a while to become a habit. The real benefit to the water is that you will get a lot of reminders that you are not even and instant feedback when you are.

Don't forget to go to the Facebook page when you're done and let me know how it's going. What did you noticed? How did it feel? And which exercises did you manage to do at home?

Remember, every day that you leave questions or comments, will get you an entry in to the draw for a chance to receive the second level of the course for free.