

The Tango Strap from Rebekah Rotstein

I have 'Alexandered' this procedure to benefit the whole body.

Stand feet hip distance apart and locate your atlanto - occipital joint (where the head balances on top of the spine just underneath the ears). Focusing on this joint allow your head to rock finely at this point while allowing your head to release up as if a helium balloon was attached to it, then just allow it to be there, poised on top of your spine. Invite your neck to be spacious and this will allow your head to be released from habitual pulls into your neck.

Giving the instructions for your head to continue to be poised with the thought of 'up', ask your back to open lengthwise and widthwise.

Keep reminding yourself of these instructions throughout the procedure. We will call them "directions".



Placing most of the weight through the left leg, position the right heel on the floor in front of you, level with the top of the big toe of your left foot. Use the contact of the heel to the floor to 'come away from' into the directions above.



Now lengthen through the underneath of your right foot, causing the toes to curl up and your arch to be accentuated.



Slowly lower your foot down, mobilising the bones of your foot so you contact the floor with the outside edge of your foot. (Knee movement needs to be minimal).



Then spiral/roll the forefoot onto the floor, each toe contacting the floor until your big toe can lengthen onto the floor in line with your inner heel. This establishes the 3 arches of your foot and the foot can now take weight.

Return to your "directions" and release your front knee

over your foot. DO NOT ALLOW THE BENDING OF YOUR FRONT KNEE TO PULL OR TWIST ON YOUR PELVIS. YOUR PELVIS IS PART OF YOUR BACK LENGTHENING AND WIDENING.

You are now experiencing the full vault of your foot/ the 'tango strap'.

Straighten the knee and shift back.

Bend and straighten the knee several times imagining/ experiencing the bone directly under the shin bone (talus) gliding as you move.



Try this movement with your torso: _

- a) uptight/vertical
- b) moving over your front foot as you release the front knee (back leg and back feel as one).



Progressing the Movement:-

Return to your "directions" and with your weight over your front foot step back with your left foot. it can turn out a little.

Releasing/bending right knee "forward and away" over your foot, rotate/turn the pelvis, torso, spine and head to face left.

This can be tried with:

- a) torso upright/vertical
- b) torso creating a diagonal line with your left leg.

Placing your right hand on the upper part of your right inner thigh and hinge from your hip joint, knee still bending. Your hand slides down to your knee, making sure the knee is not just releasing "forward" but also "away"/ outward i.e not pulling in (avoiding inside of foot rolling in). If you wish you can now slide your hand down your leg as far as possible.

Your torso will be rotating and you are directing your sitting bones back to lengthen the spine and engage hip rotators. Slowly rise and lower several times.

Then transfer movement to the other side.

