

Okay. So at this point, we've been practicing teasers now for a couple of weeks, and you might have made some discoveries. We're going to discuss very briefly some things that you need to be aware of in terms of challenging and executing your teaser even more. Because as you get along, as you go along, we do the teaser inverted in lots of different positions.

So you want to make sure it's very strong. Because if you try to challenge the position and it's not done accurately, we can run into some problems. So go ahead and lie down on your mat and bend the knees into the chest. So first we're going to start with tight hips, tight hip flexors, tight lower back.

Extend the legs out to a 45 degree angle. Bring the arms up to the ceiling. Bring the chin to the chest. Now what tends to happen is then there's like a pop, pop up. You push up with your lower back. That's right. Because your lower back is very, very stiff.

And now roll down so you have trouble bringing yourself up. The other thing that tends to happen when we do that, we'll do it one more time, is that the legs go down because your hip flexors are pulling you up. Oh, that was a good example. And then roll down.

So we want to work on getting rid of that. So a good thing to do to practice extend the legs out to 45 is to place the hands on the mat and push the arms down into the mat to roll up. So you're using your upper body as an anchor to pull against and roll back down.

Because you need something with greater resistance than your hip flexors, we're creating a greater resistance within the body for you to work against. So chin to the chest. Push your arms down in the mat. Push the mat away from you. Good. And come all the way down. So you maybe weren't able to come up as high, but you also were coming up from your center and not from the hip flexors in the back.

You really feel it.

You really feel it in the front of the body. Okay. The other problem is there are people that can get into the position beautifully. They're loose and limber, but then they have trouble holding the position. So extend the legs to 45 and roll up into your teaser. Good. So if you're one of these people, you might be able to lift your back and lift your legs up so they're really close together.

Let go. Yeah. This is not so great. You actually want to have the legs lower and the arms lower so that the arms and legs are truly parallel. To each other. The legs should be at 45 degrees, no higher. Now what you're going to do is you're just going to roll down and touch your lower back to the mat and then come up.

Touch just your lower back to the mat and come up. If you have trouble doing this, this means you're one of these people.

I'm one of them.

Uh huh. Now hold on behind your thighs and just roll down. And now come up. So you're using the hands to help create an anchor for the legs. And you're strengthening the lower abdominals. That's it. And lifting the lower back, which is the tightest part. So you really have to get into the scoop.

Very nice. One more. And the legs don't move. That's the hardest part. Keeping the legs still. A stiffer person doesn't have a problem holding their legs still. A looser person might. And roll all the way down. How'd that feel? That's really good.

Yeah.

And both of these scenarios can work for both body types. It doesn't have to be one or the other.

Yeah. This actually felt really stabilizing in this part as well.

Yes.

Because if you're. I don't know, I just imagine that if someone's really tight, it's hard to hold your legs up. But that made my legs feel lighter.

Yes.

And then holding onto my legs made my pelvis feel more stable.

So the bottom line is it goes back to. We're trying to create a greater force to stabilize your body with. And the upper body is the easiest way to do that. By stabilizing the scapula and the upper back, you have something to work against. When the arms are free in the air, you have nothing to work against.

So you end up taking that work into another part of the body. So by creating an extra anchor, like we would use the strap on the mat, you've given your body a little less option. So it has to go to the right place. So now let's just do a few exercises.

Come up to sitting that challenge. The teaser position. Extend the legs out in front of you. One of them would be the boomerang. This is carrying the shape of the teaser through the rolling movement. Cross the right leg on top of the left. Place the hands by the hips.

So you need to have a really solid L shape because this shape is never

going to change. Press down in the hands and sit up as tall as you can. Just lift the right leg up and don't move the back and then come down. If you remember from the first teaser you were working, we worked on the tree and keeping the back lifted as you extend the leg.

This is a more challenging way to do the same principle. Press down on the arms. Just lift the right leg up and then go down. Now don't sink back. Lift up. Good. As you lift the right leg up, push down through the left and then switch the legs. Other leg on top.

So you're working on lifting the upper back and pulling your waist up so that you can stabilize your pelvis as you lift that leg. So the hip bones, the sits bones don't rock back on your sits bones. Stay lifted. It's very hard. You may not be able to lift the leg that high.

That's it. Use your arms the same way we just used them before. By pushing down on your arms. It gives you an anchor to lift your back up against. Good. And bring the hands forward. I'm sorry. Switch the legs. So this is the other thing is everyone has different proportions.

If you have very short arms and you might find that you can't get up, you can make a fist and push down on your arms to give yourself a little lift. If you have very long arms and you're kind of like this, you might need to bring your arms forward.

So you need to choose the position that is best for you. The most important thing is that the shoulders are back and the arms are straight. You do not want to bend your elbows. So now you're going to. In one motion, as you lift the top leg up, bring the bottom leg up to meet it and hold.

And bring the legs down and hold. Squeeze together. Good. Switch and push into the hands and pull your legs back. That was very good. So she's scooping her waist back as she lifts her legs and switch the legs. Now you're going to take the shape into a roll. So just like rolling like a ball, an open leg rocker.

You're going to use your waist and lift the legs to roll back and just come up. Catch your teaser and let the legs come down with control. Switch the legs, push down on the arms. And now that's it. Like you're sucking your body up through a straw. And come down.

This is the hardest part is catching the teaser because you've gone from an inverted movement to balancing. Again. Switch again. So this is the most important part of the boomerang to practice. You want to nail it, so go back. A common mistake here is that everyone drops their legs or they lift them up.

The angle of the leg to the hip does not change. Come right up into

your teaser and the stomach catches you. And bring the legs down. Switch and lift the legs. Keep the angle of the hips. Press down through the arms and then come up and bring the legs down.

Now we're going to challenge the teaser position even more. Switch the legs, push down on your hands and lift the legs to go back without moving your pelvis. Open the legs to the sides and cross the other leg on top. Come up to your balance and hold it, hold it, hold it.

And bring the legs down. With the legs down, keep the arms reaching forward. Bring the palms to the ceiling. Bend the elbows in. Clasp the hands behind you. Give yourself a stretch and reach around for the toes. Good. Now, in the next one, you're going to do the arm movement, the boomerang.

With the legs in the air. Place the hands by the hips. And now squeeze those legs up through a straw. Through a vacuum. Open and close the legs. The pelvis does not move. Come up and find your teacher. Teaser. Catch the teaser. Palms to the ceiling. Bend the elbows in.

You have to really pull your belly in here. That's it. Let the legs come down as you reach the arms around. That's it. That can happen together. Good. So we've challenged the teaser position by putting the same shape in lots of different angles. This goes for exercises like the rollover and the jackknife.

It's the same thing. We're inverting the teaser. When you invert the teaser, you want to make sure that the legs do not drop. So go ahead and lie down on your back. Bring the legs to 90 degrees.

Press down on the arms and send the hips over. Roll down. The angle of the hip doesn't change. Press down on your arms to scoop in with the ribs and go down. One more time. Press down on the arms and go over. This time you're going to roll down your spine and roll up into a teaser so the angle of the hip never changes.

Roll down to the mat, flat back. And then go over and then roll down and keep the shape as you come up into a teaser. One more time. Roll down to the mat and go over. And then roll up into a teaser. There is never any pressure on the neck.

Let's do one more set of Lisa. That was very beautiful. Press the arms down so she's scooping the weight of her body out of her neck and her hips are bringing her forward. And bend the knees in and rest. How do you feel challenged?

Great. It felt really together. I just felt very solid and controlled instead of the usual flopping all around feeling.

So you want to keep the position connected throughout all of the move.

Very good. Thank you.

Thank you.