



# Exploration 2

## Expand and Extend from Core

From head to toe we would want to find our center and expand longitudinally and latitudinally. Extension is given from the intelligence of the brain, which drives attention and expansion is given from the intelligence of the heart, which drives awareness.

MY NAME IS \_\_\_\_\_

I began this exploration on (date) \_\_\_\_\_

Give a 'tick' on the list below of those that you have completed:

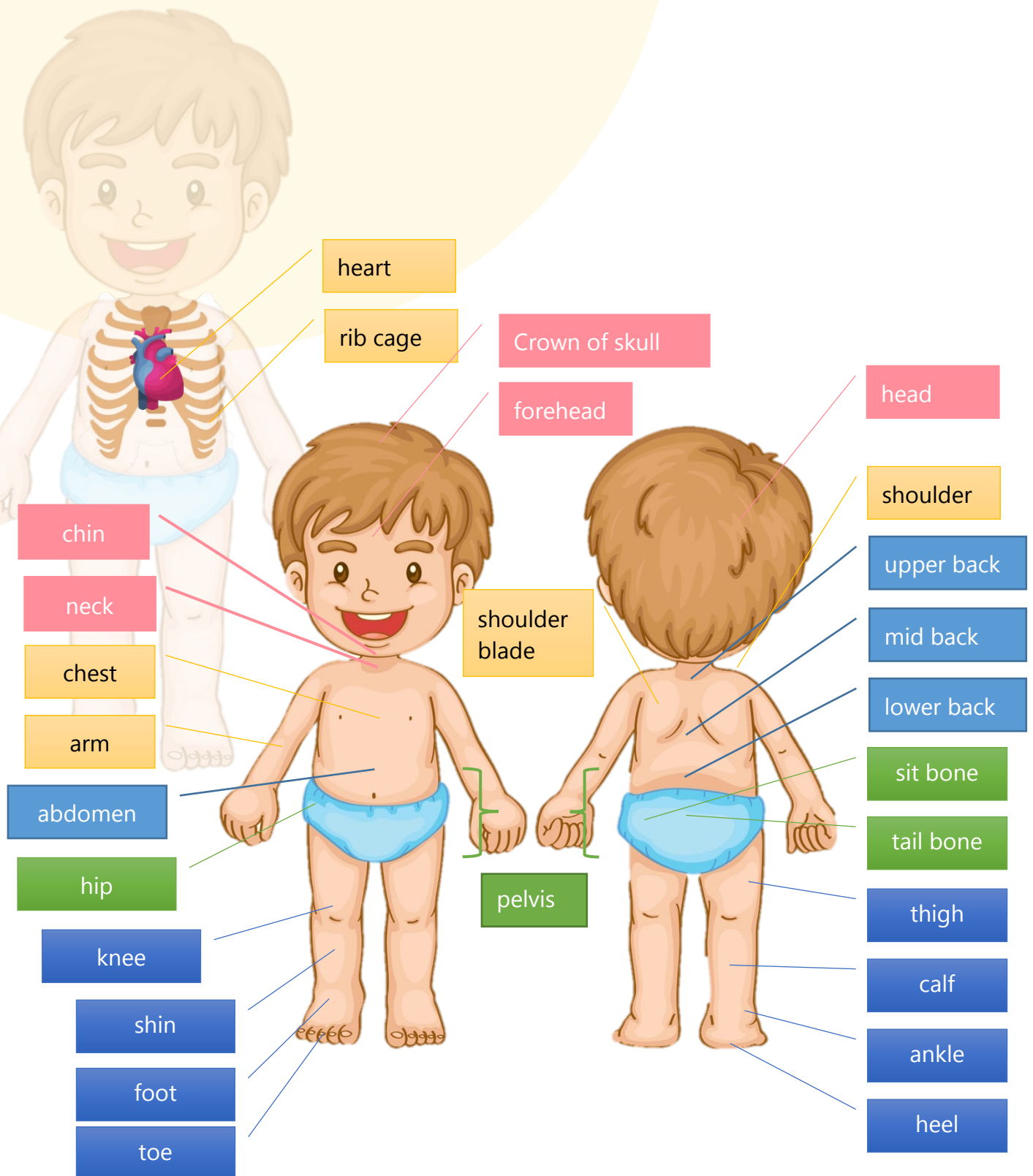
- ☐ DAY 1 Body and mind expands and extends upwards.
- ☐ DAY 2 Body and mind expand and extends downwards.
- ☐ DAY 3 Body and mind expands and extends sideways.
- ☐ DAY 4 Body and mind expands and extends, upside down.
- ☐ DAY 5 Body and mind expands and extends from the center.

Dear Parents,

There should be a mutual understanding between parent and child on this exploration of discovery. The context is elaborated for parent(s) to guide your child into the process of self-discovery. Videos are made available as reference to guide you for better understanding that can be viewed in the members' portal. Also, join our community on the Facebook group page where parents come together to share their involvement, ideas and activities. There could be terms used throughout the exploration which may not be familiar to either one of you, however, you are free to make your own choice of words to describe the actions to improve the communication between parent and child. Enjoy the process of inclusivity, love and self-inquiry.

# My body at a glance

Here is an overview of the parts of our body in which we will be focusing on as we go through a few series of postures in this activity book. Bookmark this sheet as your reference guide along the way as you discover new postures through the days of discovery.



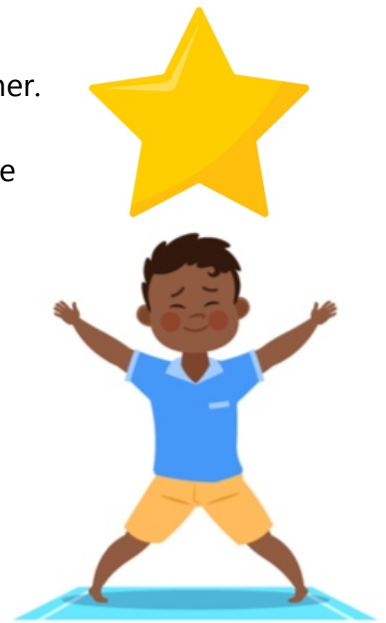
## Day 1 – Body expands and extends upwards

# Upwards we go to the sky

There are various postures that one could explore but here are a few to begin with. Parent(s), be creative by incorporating some arts and crafts to make it more fun and interactive. Videos are available for reference.

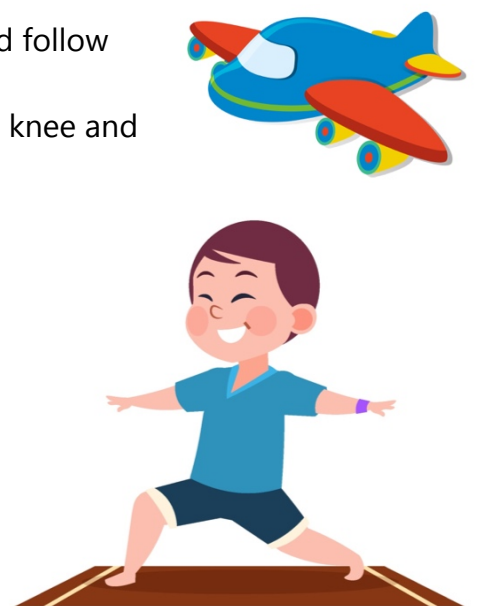
### Shine like a Golden Star. Hang stars all above you.

1. Stand tall and feel strong, feet together with big toes touching each other. Feel your toes, heels and arches of your feet.
2. Spread your toes and grip them down as you ground your heels into the floor.
3. Lengthen upwards from your feet as you are standing tall like a star spreading its edges out.
4. Imagine a string is attached to your chest and a partner is pulling that imaginary string upwards; with that thought, of your chest is lifting upwards and you begin to stand taller.
5. Next, jump and spread your arms like wings and space your legs out wide to the sides. Spread out the pointy edges of your imaginary star, shining bright like never before.
6. Smile as you spread your arms as wide and open as far as you can go.
7. Imagine your skin and muscles are extending upwards from your center.



### Fly like a plane. Do you have a plane by your side?

1. If you haven't gone through the 'Be a Star' posture, go ahead and follow the steps above to form a star.
2. Next, turn your pretend wings to face your right. Bend your right knee and lower your hips to a high lunge position as shown in the picture.
3. Keep the back leg super straight and ground the foot of your back leg strongly on the mat. Feel your heels and toes gripping your mat. The outer edge of your foot is rooting you down towards the earth.
4. Lift your chest upwards to the sky as you breathe in. Spread your arms wide to the sides. Each time you breathe out, fan out your fingers to the sides. Imagine that you are flying high like a plane and are on your journey around the world. Fly to your favorite place now. Switch sides with your left leg in front as your high lunge.



### Balance as you flourish in a dancer pose.

1. Imagine you are standing on clouds and you are about to balance on one leg.
2. Hold your parent's hand and try to balance on one leg. Imagine you are standing afloat on a soft cloud. You can also hold on to something else, like a wall or a chair.
3. Catch the other foot with your hand as you bend the knee. Lift the thigh up high while you find your balance.
4. Let go of your parent's hand or any other support that you are holding on to. Keep lifting upwards as you balance.
5. Explore balancing on the other leg too. Which is easier?



### Catch the stars above you.

1. Sit in a comfortable position. You can choose to bend and fold your knees so you can sit on your heels or just use a simple cross-legged seated posture.
2. Now, stretch your arms up in the sky.
3. Reach up as high as you can and pretend that you are about to catch the stars above your head.
4. Feel that you are stretching the sides of your body as you lengthen your arms upwards. Fingers are spread out and up to the sky. Keep your arms super straight arms with your heart lifting upwards.



### Balance on a boat and kick your legs up high to the sky

1. Sit in a comfortable position. Stretch your legs forward like you are about to paddle with your legs.
2. Balance yourself on your bottom and support yourself with your hands behind your back.
3. Now, lean back and kick your legs up high to the sky as you balance on your bottom, like a boat afloat, threading the waves below. Keep on trying to maintain your legs up in the sky for a count of five.
4. Feel the muscles of your lower abdomen and upper thighs engage as you maintain your legs up high towards the sky.



### Stand tall like a tree. Let the birds roam freely around you.

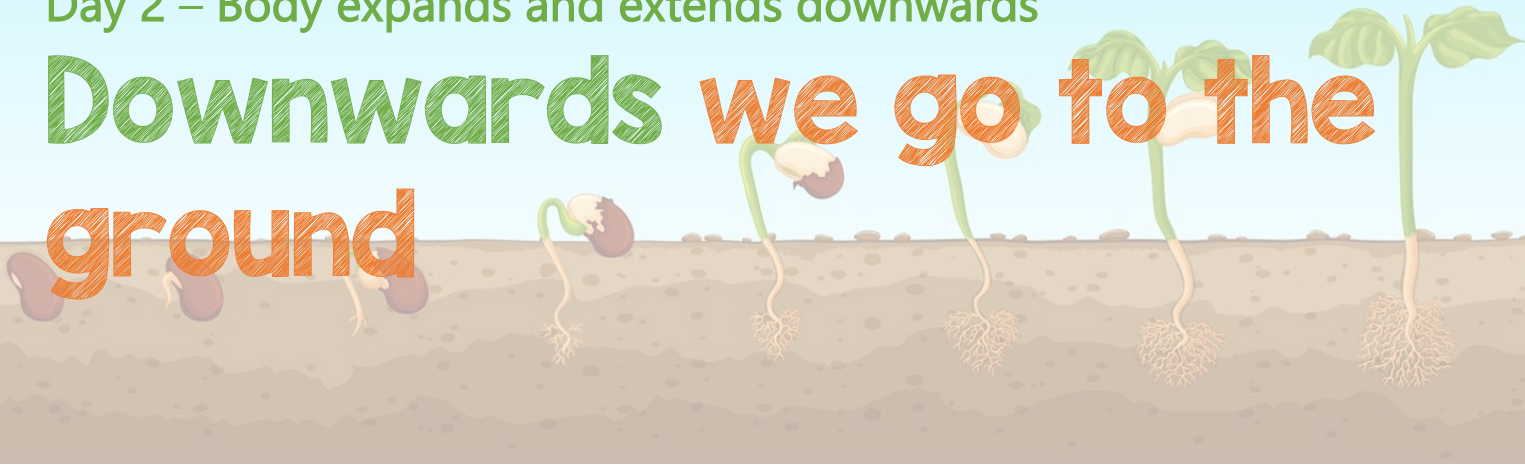


1. Be close to your parent or a wall in case you need a support as you are trying to balance on one leg.
2. Catch your hips with your hands.
3. Choose which leg you want to balance on.
4. On your chosen standing leg, clench your foot and grip your toes firmly to help you strengthen your standing leg and foot.
5. Place the other foot on your thigh or on your calf muscle as you bend the knee.
6. Once you are able to hold your balance, bring your palms together towards your heart center. Look up to the sky or look out for birds around you. Try to hold firm just like a strong tree. Sense that you are standing tall like a tree with a strong grounded lower body supporting the upper body that is flourishing.
7. Go on and try the other leg. Which is easier for you?



## Day 2 – Body expands and extends downwards

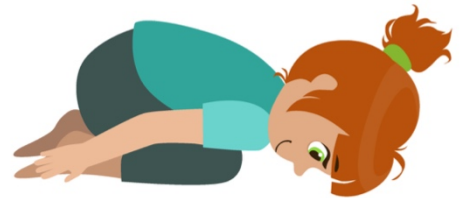
# Downwards we go to the ground



There are various postures that one could explore but here are a few to begin with. Parent(s), be creative by incorporating some arts and crafts to make it more fun and interactive. Videos are available for reference.

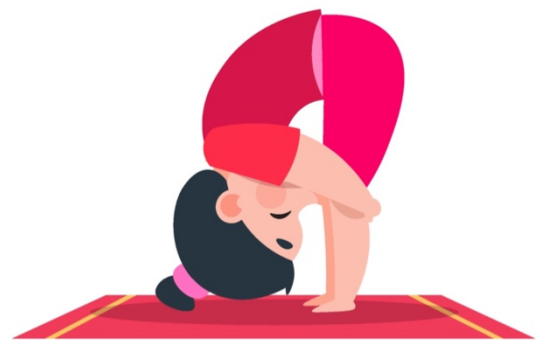
### A seed planted in the ground ready to be nurtured.

1. Child's pose is one of the classical yoga poses that projects a sense of closure and comfort to an individual. It promotes calmness and security.
2. Come down on your knees and spread them hip distance apart.
3. Your big toes are together, touching.
4. Lean forward as you sit on your heels, coming to a rest with your forehead against the ground.
5. Relax your arms and shoulders and allow them to rest by the sides of your body.
6. Breathe in and breathe out freely. Close your eyes and relax.



### Spread your back like a seed breaking out of its skin.

1. Stand with your feet apart as wide as your hips with big toes together.
2. Take a good breath in, and as you breathe out, slowly melt forward from your hip joints rather than bending from your waistline.
3. How you can feel that you are bending from your hip joints is when your tail bone points back, and you spread the back of your thighs out with your heels slightly turned out and toes rotated inwards towards your midline. Keep your upper body soft and relaxed.
4. Place your palms on your shins if you notice the muscles in the backs of your thighs are tight, and keep your knees slightly bent.
5. Once you are completely still, take notice of the sensations around the back of your body. From your heels to your calves, the backs of your knees, the backs of your thighs, the muscles around your bottom, and the muscles along your back, lower back, mid back, upper back and your shoulders.



### Cat and Cow stretch. Purr and Moo as you go around.

1. Come down on your hands and knees. Widen them hip distance apart and shoulder distance apart.
2. Round and puff up your upper back and mid back towards the sky and look towards your belly button as you tuck your abdomen inwards towards your spine like cat. Purrrrrrrr.
3. Now, do the opposite by letting your belly relax and drop down, arching your back. Look up and begin to moo like a cow.
4. Repeat a few times as you breathe in to a cat-like pose, breathe out to a cow-like pose.
5. Feel the flexibility of your spine and arches and relax.



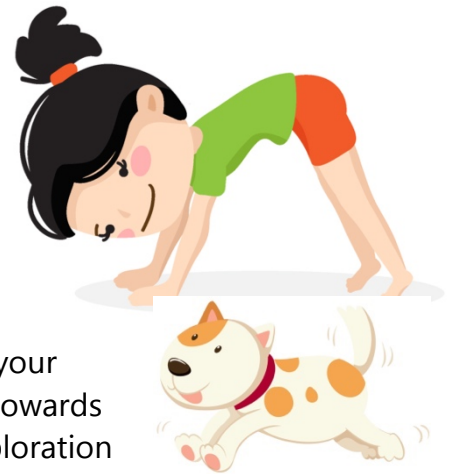
Cow pose



Cat pose

### Downward facing dog. Search the underground we go.

1. Come down on your hands and knees. Widen them hip distance apart and shoulder distance apart.
2. Lift up your pelvis, keeping the knees bent at first if you like.
3. Now, straighten your legs and look under your belly.
4. Experience what it is like being upside down.
5. Keep your tailbone pointed up towards the sky. Spread the skin felt on your chest and shoulders. Feel the stretch on your upper back, mid back and lower back with your pelvis tilting towards an anterior tilt with the tail bone lifting upwards. Refer to 'Exploration 1: Body Parts as Our Eye' to recap an anterior pelvis tilt.



### Wide leg forward bend. Feel the presence of earth and look out for snails.

1. Spread your legs wide just like is shown in the picture on the right.
2. Bend forward from your hip joints.
3. How you can feel that you are bending from your hip joints is when your tail bone points back and you spread the back of your thighs out with your heels slightly turned out and toes rotated inwards towards your midline. Keep your upper body soft and relaxed.
4. Anchor and root your feet on the ground like the roots of a tree gripping the earth firmly. Catch your feet, ankles or your toes with your hands to support.
5. Look under and around for snails as the stretch is occurring at the back of your legs. What is it like to see the sun from underneath?





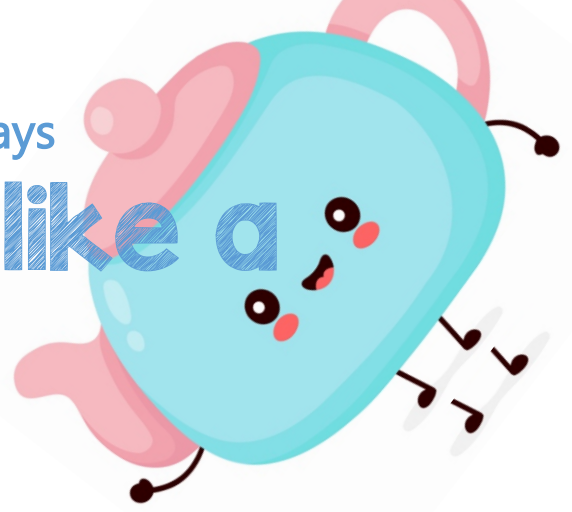
### Spread and Strengthen your legs like the horse.

1. Spread your legs wide just like is shown in the picture below.
2. Bend your knees well enough so you feel that you are engaging the muscles of your legs as you open up your inner thighs. Keep the knees apart, widening away from each other.
3. Lift your arms up to the sides, pretending to be like a horse body stretching out to the sides.
4. Hold it there for five to eight counts. You don't want to end up sitting on a thorny cactus.



## Day 3 – Body expands and extends sideways

# Sideways we go like a pouring teapot



There are various poses that one could explore, but here are a few to begin with. Parent(s), be creative by incorporating some arts and crafts to make it more fun and interactive. Videos are available for reference.

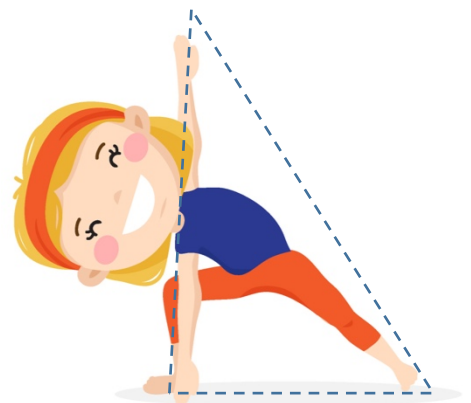
### Triangle we go.

1. Imagine the shape of a triangle. This is a three point lateral stretch.
2. Let's begin by spreading your legs wide to the sides. Toes should point forward and align your heels in one straight line.
3. Turn your heels slightly outwards and toes inwards.
4. Next, begin with your right foot. Open your right foot out by turning your toes out to your right but maintain your right heel in line with the arch of your left foot.
5. Breathe in, lift and stretch your arms up to the sides.
6. Now, imagine you are a tea pot and about to pour tea out of a spout, from your right arm to your right foot.
7. Look up to your left arm that is straightened towards the sky like the handle of a teacup.
8. Maintain firm and strong legs, especially your back leg.
9. Experience the lateral stretch on the left-hand side of your body.
10. Now, do the other side too. Feel the difference between both sides.



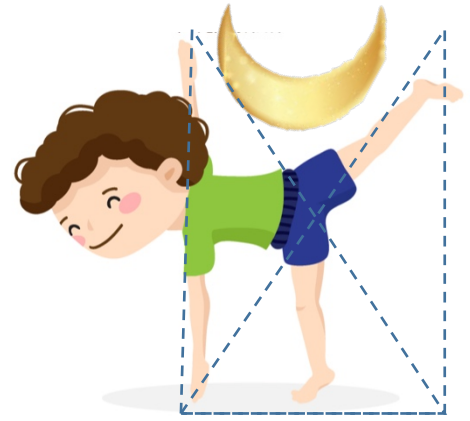
### Extended side angle pose; the further we lean, the more we expand.

1. Begin from the triangle pose above. Do each step from step 1 to step 9.
2. This time, bend the knee further so you can rest your palm on the floor.
3. Engage your back leg by pressing your back heel and the edges of the foot firmly to the floor. Maintain your back leg super straight. This will help you to further extend the sides of your body. Can you feel that you are stretching the sides longer inch by inch here?
4. Repeat the same on the other side.



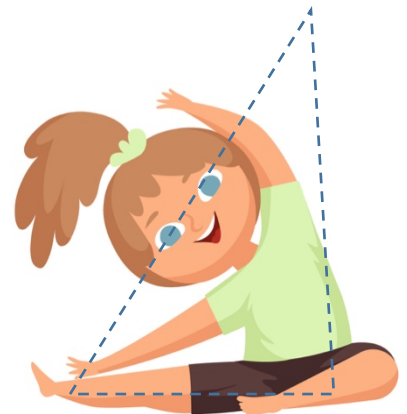
### Balance like a pretend half moon.

1. Begin from the extended side angle pose. Do each step from step 1 to step 3.
2. If you begin from the right, lean further forward to your right side with your abdomen resting against your thigh, and bring your hands further forward to the ground. Rest on your finger tips.
3. Once you have found your balance, lift your back leg as high up as you can go.
4. If you like to experience what is it like to balance on your sides, lift your other arm up to the sky. Extend and expand from your heart.
5. If you can find your balance here, look up to your extended arm. Otherwise, remain looking down.
6. Be strong on your standing leg and soften the knee. Engage your lifted leg's thigh as you lift the leg higher. Broaden your chest while maintaining your tail bone tucked in as you extend your other arm up.
7. Try the other side and notice the difference.



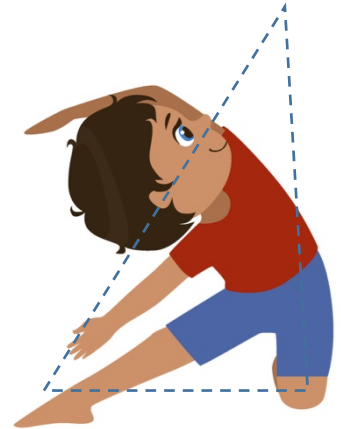
### Seated side angle pose. A teapot with a flatter and thicker base.

1. Be seated on the floor with both your legs stretched forward.
2. Bend your left knee and bring your left heel close to the middle part of your pelvis.
3. Extend your right leg outwards to your far right. Keep your toes pointing upwards by dorsiflexing your foot. Your right knee is looking up to the sky with external rotation of your right hip.
4. Imagine a triangle shape. Breathe in and stretch both your arms upwards to the sky as if you are about to touch the tip of the triangle with super straight arms.
5. Ready to pour the teapot? Breathe out, leaning over to your right leg. Catch your right knee, right ankle or right foot.
6. Keep your left arm up and over your head without dropping your chest forward or your chest looking down.
7. Pretend that you are leaning against an invisible wall behind you. Maintain your mid back and upper back by leaning against that invisible wall behind you, chest lifting. Your ribs should roll up towards the sky.
8. Receive the lateral stretch on the left side of your body as you anchor the left hip and left leg firmly.
9. Repeat the same on the other side and notice the difference between both sides.



### Lean like a bar that is used to lock a gate.

1. Come to a kneeling position.
2. Lift up your hips and extend your right leg out to the sides. Point your right foot, toes outwards just like in the picture.
3. Keep your right leg straight. Breathing in, extend your arms upwards towards the sky as though you are reaching the tip of a triangle.
4. Imagine your arms as the bar or a beam. Breathe out as you lean over to your far right into a deep side bend, like a bar used to shut a gate.
5. Keep your left arm up and over your head without dropping your chest forward or your chest looking down.
6. Pretend that your are leaning against an invisible wall behind you. Maintain your mid back and upper back by leaning against that invisible wall behind you, chest lifting. Your ribs should roll up towards the sky.
7. Receive the lateral stretch on the left side of your body as you anchor the left hip and left leg firmly.
8. Repeat the same on the other side and notice the difference between both sides.



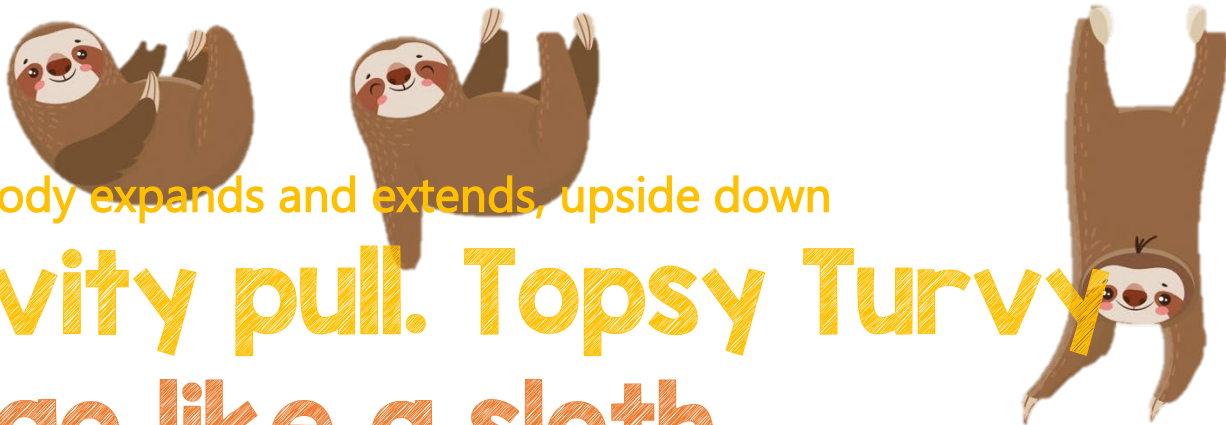
### Half spinal twist. Have you seen a teapot spin?

1. Sit with spine erect and your legs stretched out.
2. Now, bend your left leg such that the heel of the left foot lies next to the right hip.
3. Then, place the right foot next to the left knee by taking it over the knee. Refer to the picture.
4. Twist your body by twisting your spine, as in turning your chest to your right. Bring your left upper arm across your right thigh with your right arm behind your back to support the weight of your body while you twist.
5. Leverage the support of your legs and hip so you can go into a deeper spinal twist, which you should feel happening in your lower back, mid back and upper back. Look back.
6. Repeat the same on the other side. Switch your leg and arm positions.



Day 4 – Body expands and extends, upside down

# Gravity pull. Topsy Turvy we go like a sloth



There are various poses that one could explore, but here are a few to begin with. Parent(s), be creative by incorporating some arts and crafts to make it more fun and interactive. Videos are available for reference.

## Watch how your legs can go over your head.

1. Halasana, or the plough pose, calms the brain.
2. Begin by lying down with straight legs and arms by the sides of your body.
3. As you breathe in, lift up your legs and support your pelvis with your hands by having your palms on the back of your hips.
4. If you are feeling comfortable, continue to gently roll your legs over your head, toes to the floor.
5. You may keep the legs midway, hovering, rather than on the floor if you feel a pain in your back, neck or shoulders.
6. Your arms can rest on the floor if you can find a balance in your shoulders, otherwise have your arms continue supporting your back.
7. Once you find yourself in stillness, relax the entire body like a calm sloth and notice how you feel.
8. To release from the pose, breathe out gently, allowing your body to unroll to a flat position.



## Let's balance on your shoulders!

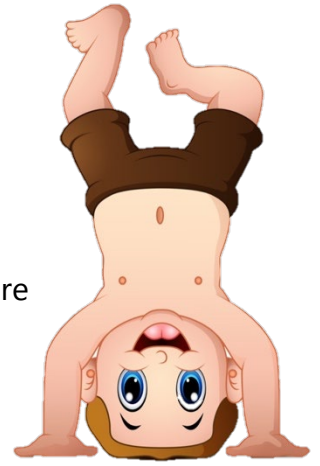
1. Have your parent by your side to spot you or do this against the wall.
2. Begin by lying down with straight legs and arms by the sides of your body.
3. As you breathe in, lift up your legs and support your pelvis with your hands by having your palms on the back of your hips.
4. Strongly extend your legs up to the sky, lifting from your tailbone. Imagine a sloth holding on the branch strongly with his feet while hanging upside down. Have your parent hold your legs if you needed support.
5. Keep your arms strong by anchoring your upper arms and elbows to the floor. The shoulder blades are moving inwards towards the midline of your body.





### Handstand by the wall. The sloth has strong arms and legs to hang.

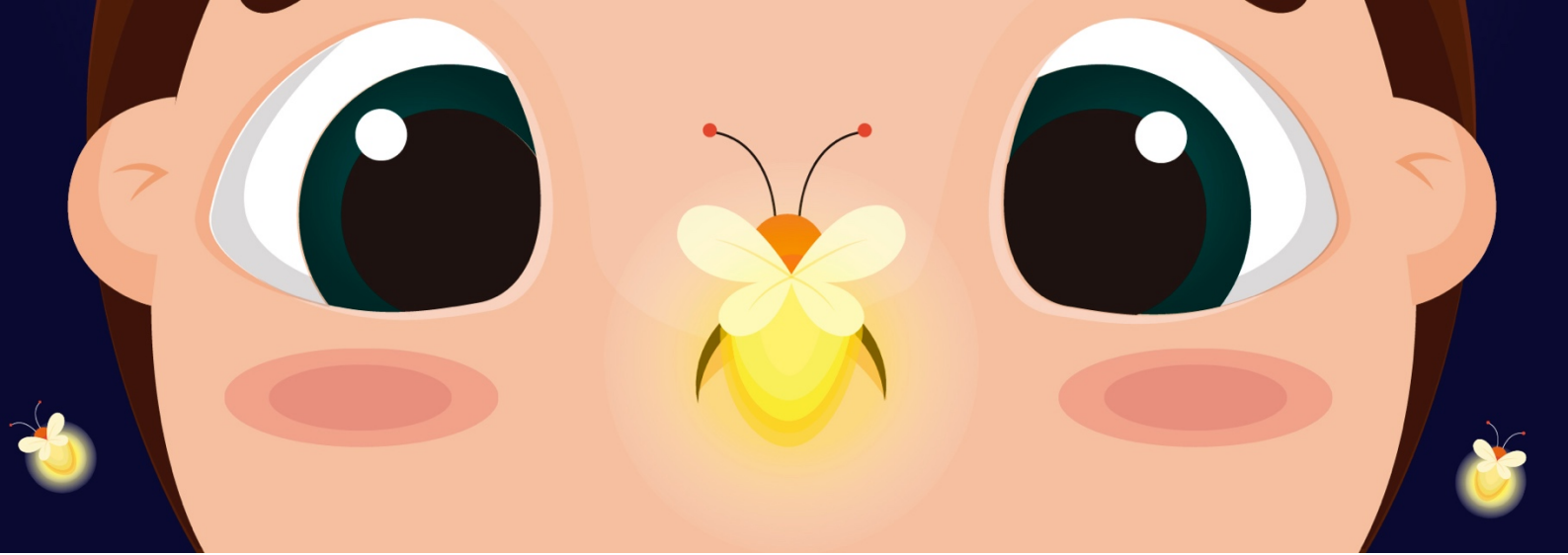
1. When you attempt this pose, ensure that your parent is by your side to help you with it. Have pillows around you for support too.
2. Be close to a wall, as you face the wall.
3. Hands down with palms on the ground, grip the floor with your fingers firmly.
4. Parent, please hold the pelvis of your child from behind as though you are the wall.
5. Your arms must be firm and strong to support your body weight when you kick up.
6. Now, kick up your legs and stretch up high by pointing your toes up to the sky. Find your balance as you kick your legs up in the sky while being supported by your parent.
7. Repeat the kick up a few times until you find your balance. Enjoy the view upside down!



### Balance on your arms, like a crane wading in the water.

1. Begin from a squatting position. Separate your knees wider than your hips and lean your body forward, between your inner thighs. Stretch your arms forward, then bend your elbows and place your hands on the floor and the backs of your upper arms against your shins.
2. Lift up onto the balls of your feet and lean forward even more, taking the weight of your body onto the backs of your upper arms.
3. Keep your head looking forward and feel your weight moving forward on your arms.
4. Slowly find your balance as you hover your foot up one at a time. You may even be on your tippy toes.
5. This pose helps concentration. The busier your mind, the harder it gets. Try to stay calm and enjoy it.





**Sloths have strong arms to hold themselves. The same goes with fireflies.**

1. Begin from a squatting position. Separate your knees wider than your hips and lean your body forward, between your inner thighs. Stretch your arms forward, then bend your elbows and place your hands on the floor and wiggle the backs of your upper arms in between your thighs.
2. Walk your feet forward as you wiggle your arms under your thigh.
3. Keep squeezing your inner thighs inwards while maintaining a rounded upper back. Imagine you are holding a ball on your belly without your hands.
4. Maintain step number 3. Try lifting your bottom up as you lean forward on your arms. Keep your feet on the floor until you find balance.
5. Now, imagine you have wings to support you like a firefly. Think light and lift your feet up as well.
6. Keep practicing until you feel confident enough to balance on your arms on your own. Otherwise, have your parents by your side to support you.



## Day 5 – Body expands and extends from center

# Back bendy like a cat



There are various poses that one could explore, but here are a few to begin with. Parent(s), be creative by incorporating some arts and crafts to make it more fun and interactive. Videos are available for reference.

### Purr or Hiss? Stretch your back like the cat or a pretend cobra.

1. Lie flat on your belly.
2. Keep your arms to the front.
3. Breathe in and lift your chest, head and shins up. Keep bending your knees.
4. If you want to go a little further, walk your hands closer to your body and keep them straight.
5. This time, see if you can tap your toes on the back of your head.
6. Walk your hands a little closer to your pelvis as you try to reach your toes to your head.
7. Be mindful of your back. Ensure that you feel super comfortable when you do so.



### Sometimes, cats bend like a bow.

1. Lie flat on your belly.
2. Bend your knees and rotate your arms back to catch your ankles if you can, or hold on to your feet.
3. Roll your shoulders back and down. Lift your chest up and broaden space of your heart, which will give you more space for your arms to catch your feet.
4. Maintain the grip on your ankles and lift your legs up. Send your shins back to the wall so you feel that your upper body begin to lift further up and back towards the wall behind you.
5. Point your toes to the wall behind you.
6. Now, imagine you are a well-expanded bow and see how far you can stretch on your back.



### Arch like a camel hump.

1. Be on your knees. Keep your knees apart as wide as your hips. You may keep your ankles stretched back or tuck your toes in.
2. Tuck your tailbone down and breathe in as you lift your arms up to the sky.
3. Breathe out, then rotate your arms around one at a time and catch your calves, ankles or heels.
4. Drop your head back as you continue looking up to the sky.
5. Imagine the shape of a camel hump. Round your body by lifting your chest up as you move your hips forward.
6. Keep your tail bone down and engage your bottom muscles as well as the strength of your legs, especially the front of your thighs.



anterior

### Upward bow.

1. Lie down. Bend your knees. Open your legs as wide as your hips. Keep your feet close to your bottom.
2. Lift your arms up facing to the sky. Bend your elbows and place your palms right behind your shoulders, which will be by the side of your ears.
3. All your fingers should be looking towards your shoulders, especially your second finger, which is your index finger. The palms should be flat on the ground to prevent a wrist injury. Re-adjust your shoulder blades, arm position and your palms so you feel strong and comfortable to press up.
4. Arch your lower back to give your pelvis an anterior tilt with a wide-open chest. Shoulders are firm and in good position for a press up.
5. Now, breathe in and push up with your legs and arms. Straighten your legs and arms as far as you can go like a bow stretching out. Parent(s), help your child by holding on to their hip as they attempt to press up. Some may not have the strength to press up.
6. Keep trying until your child gets the idea. The extension and expanding comes from your heart space.

