



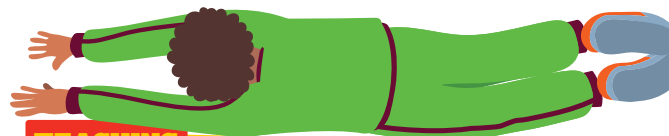
COFFEE GRINDER

TEACHING NOTES

Coffee Grinder

- 1 Start in a side position, leaning on the side of your feet with one arm straight underneath you and hand flat on the mat.
- 2 Stretch the other hand up to the sky.
- 3 Walk slowly around to make a full circle. Then repeat with other hand.

MODIFICATION:
Bend elbow and lean on forearm instead of hand. Keep the other hand on the floor to help stabilise the body.



TEACHING NOTES

Pencil Roll

- 1 Lie flat on your stomach with arms reaching up and legs stretched out straight like a pencil.
- 2 Keeping your feet together and body long, tuck your chin down and roll to one side.
- 3 Keep rolling until you have turned the whole way around and are back on your stomach.



TEACHING NOTES

Tucked Rock

- 1 On your back, curl up into a ball holding your knees close to your chest.
- 2 Roll gently to one side, until the outside of the top of your arm touches the mat.
- 3 As soon as your upper arm touches the mat, rock back towards the centre and to the other side.
- 4 Repeat, rocking slowly and gently to each side.