

To get up from floor:

From back: Roll on to right side, knees bent.

Push up with left hand and right elbow, then right hand, to seated on the floor.

From seated: Move on to hands and knees.

Lift/Swing one foot forward, between hands. Use hands stabilized on the ground to help maintain balance.

Curl the other toes under and bring that foot by the first one.

With hands on the ground near the feet, move the hands to the feet and then “walk” them up the legs slowly, breathing.

Take a deep breath before/during raising the head.

To get down to floor:

From standing:

Walk hands down legs to floor, knees bent.

With hands on floor, move one leg back to rest on knee.

Put the other knee down.

On hands and knees, put hands to the left a little, move hips to the left, move head to the right.

Slowly lower hips, supporting with hands, counter-balancing with head leaning toward the opposite direction so you can gently place hips on floor.

To lower yourself into a chair:

Lean forward as you bend knees (counter balance) to gain control as you reach the derriere to the chair. Slowly lower with control.

To get up from seated on a chair:

Knead the back of the knees, between the tendons.

Bend forward a lot.

Use the forward momentum to move weight over feet.