



# Cécile Raynor

## Body Intelligence Activation Process™

*To Prevent or Clear Chronic Tension or Pain of Body or Mind*

### WORKSHEET MODULE 4

**When you look at the set of 3 screenshots I took from the class recording, what do you notice about yourself as you went from bending forward your habitual way to bending forward with hip joints release to leaning forward from sitting?**

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**When you look at the set of 3 screenshots I took from the class recording, what do you notice about anyone in the class as they went from bending forward their habitual way to bending forward with hip joints release to leaning forward from sitting?**

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**Does the length of your back come from straightening your back and holding it in place? If yes, can it be done with no excess tension? If no, what promotes effortless lengthening and widening of your torso?**

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**When you think of being upright when sitting or standing, where is up in relation to your sitz bones? When you are leaning forward to sit down or stand up, where is up in relation to your sitz bones?**

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**Do you experience a difference when you are “holding your shoulders back” as you lean forward so they would not roll forward and down compared to “choosing not to let your shoulders roll forward and down”? Ask me to cover this again in class if you need more experiencing around this crucial difference! :)**

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When you lean forward to stand up or sit down, you are moving your upper body in relation to your lower body. The more you understand and experience what it means to move from the connection of your bones to your support, the less you will need to use unnecessary tension to move and the act of getting up and sitting down will feel effortless. That effortlessness can spread over all your activities because this movement is the foundation of all other movements.

As you discover and unlearn those little unconscious habits that have been contributing to your excess tension or pain, you will develop trust in this process. Besides, we cover this more in depth as we go through the different modules.

Also, keep practicing and enjoying the amazing and simple restorative practice that is constructive rest and notice yourself feeling better! :)