

- ✱ 4) Opposite rotatory movements. Standing position with the feet apart. Make four rotations with the head towards the right, then with the trunk towards the left, with the spine towards the right, with the hips towards the left, with the left leg towards the right, with the thigh to the left, with the ankle to the right, and so on with the right arm circling towards the left, the forearm towards the right and the hand itself towards the left. The entire body is involved, but the impulse comes from the base of the spine.