

POSSIBILITY LAB PHYSICAL EXERCISES

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FORMAT: Morning group process after sitting in Possibility Lab.

PURPOSE: Fitness is an ongoing practice of Possibility Management.

SETUP: Spread out in the room, at one arm's length from each other.

BACKGROUND CONTEXT: Keeping the body fit requires discriminating between what is comfortable or pleasurable and what is healthy. Since there are so many varieties of exercise we offer a standard stretching and calisthenic routine that we have found to be effective in sustaining flexibility and strength. The Possibility Lab exercise practice includes doing the routine below plus 20 minutes of aerobic exercise each day.

PROCEDURE:

1. Stand relaxed and alert in neutral position.
2. Extend arms straight out to the sides. Stretch your right arm up over your head. Look at your right hand while bending over sideways to the left. The palm of your hand faces up. Your left hand slides down outside your left leg without resting on the leg. Hold 15 seconds. Then bend to the right side and look up at your left hand. Repeat both sides. Come back to neutral position.
3. Twist your upper part of the body from the hips to the left while stretching your arms to the left in shoulder height. Look at your left hand. Make sure your hip is pointing straightforward and not a bit to the left. Hold for 15 seconds. Then twist to the right and hold. Repeat both sides. Come back to neutral position.
4. Stretch both arms up over your head and look up at your hands.
5. Hang down at the waist, letting hands rest on the floor between your feet.
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6. Put your left leg back, keep right leg forward, arms at sides, look up, stretch.
7. Put both legs back, butt in the air, hands on floor, back straight, heels drop to the floor.
8. Swoop forward, look up, back curved.
9. Swoop back, butt in the air, back straight, heels drop to the floor again.
10. Bring left leg forward, keep right leg back, arms at sides, look up, stretch.
11. Stand and hang down at the waist, letting hands rest on floor between your feet.
12. Stretch both arms up over your head, rise up on your tiptoes, stretch upwards and look up at your hands and return to neutral position.
13. Repeat steps 4 through 12 two more times, a little more quickly and in the rhythm of breathing.

14. Do 10 push-ups, keeping the back straight.
15. Pull arms and legs under your body to form a ball for 25 seconds, keep your eyes open.
16. Lay on your belly. Stretch your right arm forward and leave your left arm down by your side. Now lift up your right arm and your left leg slightly and hold them up off the ground about 25 seconds. Then switch. Lift up your left arm and your right leg and hold both up for 25 seconds. Repeat each side once more.
17. Roll onto your back. Hands are crossed over on shoulders. Bring up knees. Curl shoulders towards knees 20 times.
18. Sit up. Extend right leg and fold left leg. Stretch both hands to right toe. Keep your back straight. Hold for 25 seconds. Switch to left toe for 25 seconds.
19. Put soles of feet together. Hold the toes with clasped hands. Pull feet in towards you. Let your knees drop to the floor. Sit up with the back straight and rotate clockwise at the waist 5 times keeping the knees still. Repeat counterclockwise 5 times.
20. Squat, hold your knees, rotate 5 times clockwise, 5 times counter-clockwise as if you are a precessing top. Make sure the soles of your feet are flat on the ground. You may have to lift your butt up a little.
21. Hang down. Stand. Then stretch hands over your head. Shake out.

COMPLETION AND WRAP UP:

Have the whole Team run outside barefoot and greet each other.
Have a great day!