

Three Point Touch

Begin by standing with your back against a wall, feet about hip-width apart. Ensure your balance is even between your fore-feet and heels. Lift your arches slightly to put a bit of pressure on the outer parts of the feet. Your legs should be straight but do not lock your knees. From here there are three points of contact, (1 - the back of your head, 2 - your upper back between your shoulder blades, and 3 - your pelvis), which we will be working with.

Position your pelvis so your tailbone is pointing at the floor. Contract the front of your pelvis as if you were trying to stop the flow of urine and pull your navel in toward your spine and up toward your sternum. Try to avoid tipping your pelvis by imagining it's like a bowl of water. Keep the water level in the bowl. Lift your ribcage up out of your hips as if you were being picked up by your under-arms. This will enable the back of your ribcage to lift also ~ an area that is too often overlooked ~ yet plays an integral role in posture.



Broaden and lower your shoulders while keeping the lift in your torso. Place your shoulder blades against the back of your ribcage so your upper back can lay flat against the wall. It is important to avoid scrunching up your shoulders. With your arms straight at your sides and palms facing forward, lengthen through the back of your neck as if the back of your head was being lifted like a Marionette. This will also help you maintain the lift in your torso. Keep your chin parallel to the ground while gently drawing it in and touch the back of your head to the wall. Now you've achieved the Three Point Touch!

ABOUT GINA & EQUIFIT SERVICES



Gina is an Equine Canada Certified Level II Hunter / Jumper Coach, a Level III Theory Coach, and is pursuing her Level III Dressage Coaching Certificate.

Gina is also a BCRPA Certified Group and Third Age Fitness Instructor, a Yoga Instructor and a Specialist Instructor in Pilates. She graduated from Capilano University where she majored in Lifestyle Counselling and Kinesiology.

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