

# 12 TRAINING TECHNIQUES

1. Stabilising
2. Toning
3. Pushing, Pulling, Counter-traction
4. Active Lengthening, Expansion
5. Spiralling
6. Hydrating
7. Gliding
8. Domino Motion
9. Elasticising
10. Massaging
11. Active Ease
12. Melting and Invigorating

