



SAGITTARIUS

The Reaching Pattern

YOUR BODY

Static hamstring stretches are not enough. The hamstring needs to learn to be long while it is active. Dynamic work also stimulates the sciatic nerve — and a stimulated nerve is a mobile nerve. Functional splits require functional hamstrings.

YOUR PATTERN

Sagittarius wants freedom but resists roots. The hamstrings carry the tension of always reaching further without landing. Mobility without stability — the pattern is in the body as much as it is in the life.

YOUR PRACTICE

- 01 Standing Dynamic Hamstring — 10 kicks each side.
- 02 Active vs Passive Forward Fold — feel the difference.
- 03 Walking Lunge with forward fold — dynamic, alive, rooted.

YOUR QUESTION

What would freedom feel like if it had somewhere to come home to?