



The Visibility Pattern

YOUR BODY

The lumbar spine and the hip flexor share the same chain. A collapsed spine compresses the psoas. Spinal extension and hip extension work together — your backbend and your split are more connected than you think.

YOUR PATTERN

Leo wants to be seen and is terrified of being seen. The spine contracts when visibility feels dangerous. You may have been told you were too much — and the back body learned to agree.

YOUR PRACTICE

- 01 Sphinx Hold — 10 breaths, pelvis grounded.
- 02 Sphinx to Seal — 3 slow transitions.
- 03 Seal to Split entry — one leg slides back, feel the chain.

YOUR QUESTION

What would change in your body if you decided today that you were allowed to take up space?