

YOU
START
HERE

MAKARA ("CROCODILE")

Margaret

FLIP FLOP LEGS
WINDSHIELD WIPERS

CROSS ANKLES
ROCK + ROLL

HEEL IN BETWEEN
BIG TDE + 1ST TDE
SWISH
side to side

SWITCH
LEGS

RIGHT
FOOT ON KNEE

THEN
SWITCH
LEGS

MORE
CLOSELY HUG
RIGHT 1ST
TWIRL SIDE TO SIDE

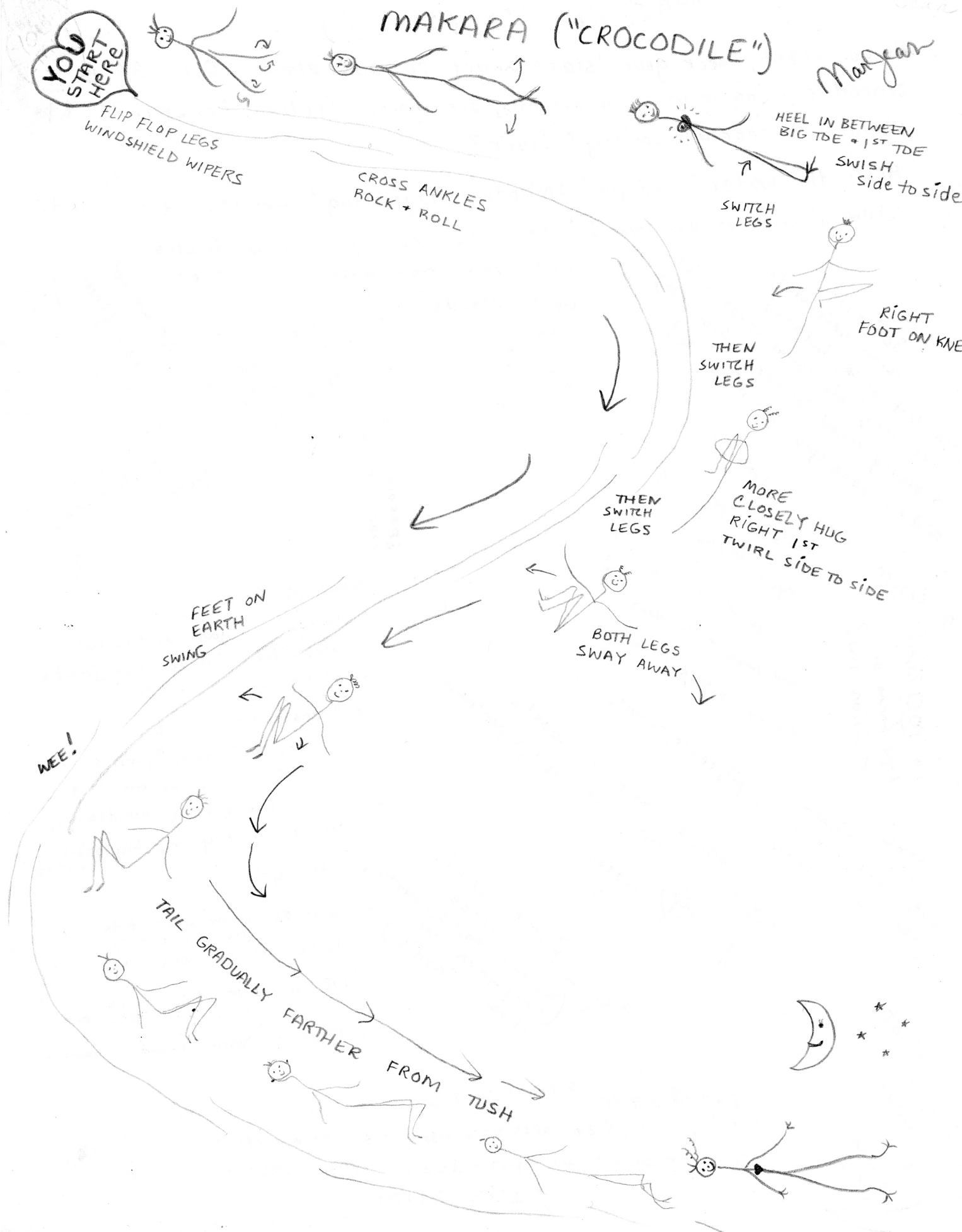
THEN
SWITCH
LEGS

BOTH LEGS
SWAY AWAY

FEET ON
EARTH
SWING

WEE!

TAIL GRADUALLY FARTHER FROM TUSH



MAKARA ("CROCODILE")

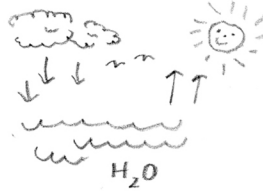
As you start, check your 'state' ~ get curious about YOU. As a crocodile lounging in your swamp, are you... feeling Frisky? sluggish? snarly? smiley? stuck?

How's the water? choppy? smooth? stagnating? swirls? quicksand?

Water assumes various forms: icebergs bubbles steam snow icicles

mist rain tidal waves slush sleet

dew clouds fog



let go, no
you flow

water adapts, cycles,
waves roll, constantly changing,
flows through all layers, carries life,

check your neck
belly relaxed?

Sanskrit
terms aren't exactly
consistent, as say botany;
nevertheless, this spinal spiral series
is usually called "makara" (crocodile)
Find + release your inner reptile!

The sequence massages low to high

heels → legs

legs → low back

low back → mid-back

mid-back → shoulders

shoulders → neck → skull

ascends spine

Do YOU need
free-form or
precision now?

Some benefits:

- ✓ harmonizes your hydraulics
- ✓ gives lube job for your joints
- ✓ squirts synovial fluids
- ✓ cleanses → refreshes
- ✓ presses on "marma" points
(yoga's name for trigger
points along meridians)
- ✓ caresses your spine's insulation
sheath
- ✓ sets rhythm
- ✓ balances emotional tides
(crocodile tears)
- ✓ sloshes around your organs
- ✓ WD 40: your discs (shock
absorbers!)
- ✓ FLUSHES YOUR PIPES/PLUMBING

Some
Juices of you ~
blood, lymph, pee, semen, spit, tears, sweat,
cerebral-spinal fluid...

perhaps arms as goalposts
push off elbows like pontoons
pleased?



pinch heel like
pliers/vise
(yoga calls those filaments
along which energy
streams "nadis")



Float
immerse
dissolve
sink
swim
soften

linger on each side • count & breathe each side • zip! quick! quick!
squeeze → release double quick!

WHY NOT?

SOME SUGGESTIONS FOR VARIETY - LOTS OF OPPORTUNITIES!