



## DISC ONE

1. Introduction Action scan of your swing with your 7 iron (6:42)
2. Preparation Detailed attention to your arm and leg (11:25)

### LESSON 1

Connecting Your Arms to Your Pelvis

3. 1a Lying on your back – reaching (13:10)
4. 1b Side lying – reaching (15:41)

### LESSON 2

Balancing Through Your Central Axis – Sitting

5. 2a Connection of arm to pelvis – turning (13:40)
6. 2b Connection of head to spine – bending (12:56)

## DISC TWO

### LESSON 3

Your Central Axis – Bending, Rotating and Turning

1. 3a Your spine – bending and arching (18:52)
2. 3b Your spine – rotating and turning (22:07)

### LESSON 4

Dynamic Balance – Sitting

3. 4a Circling around your hip joints (15:45)
4. 4b Rotating around your spine (18:35)
5. Conclusion Repeat action scan with 7 iron (2:24)

**PRECAUTIONS:** When lying on your back you **MUST** be comfortable. If you **NEED** support for your head, use a towel. It is most important, at the beginning, to have the towel to place under your head when you are on your side.

**DISCLAIMER:** These lessons are for personal use only. Being comfortable and learning

to sense and feel your actions while performing them is essential in understanding and gaining the full benefits of The Effortless Swing® approach.

If confusion arises, please pause, stop “doing” and think or sense the action and/or refer to the instructions for guidance. Your comfort is essential to learning *The Effortless Swing*® approach. If pain or discomfort occurs, please stop, return to a neutral, comfortable position. The process of thinking a movement through in another way, can often be more beneficial than performing it.

If you have any medical condition which causes dizziness or pain or discomfort, please consult with your physician before you use this program. Neither Bonnie Kissam, BKissam Productions nor *The Effortless Swing*® approach is responsible for any misguided use of this recording.

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