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Subject: Re: Learning The Ropes

Posted by [Tikatu](#) on Wed, 25 Jul 2012 00:09:36 GMT

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Wednesday March 7th, 2068, 4:30 p.m., Tracy Island

Gordon slung his towel over his shoulder and stepped into his flip-flops, and then shrugged into a loose shirt. I wish Alan would let me alone. I'm fine! he thought. He shook his head and took the small path from the pool down towards the cultivated garden, where a huge variety of tropical flora and fauna grew, with a winding path making its way down to the shoreline. Gordon headed towards a small, open paved area with a wonderful view of the ocean framed in thick, waxy leaves. He left his things on one of the benches, but he found some unexpected company; he didn't quite know what to say.

Dominic had one foot and one hand on a mat spread on the ground, while his left leg was extended outwards and his left arm reaching upwards into the air. He appeared to be staring at the sky above, but Gordon got the impression his mind was somewhere far off. He's got some balance if he can pull that off, and be so steady!

Gordon sat down on the bench, curious about the sight before him. Dominic remained in the same position for a while, until he got back on his two feet with a fluid grace, before standing with his legs wide apart, and bending his body downwards until the top of his head touched the mat. He positioned his hands beside his head, and Gordon stopped himself from whistling in respect. That guy can sure bend.

Dominic moved on once more, and Gordon stared in open-mouthed amazement after the man squatted down, before raising himself up on his arms, keeping his knees tucked against his shoulders, with his feet far above the ground.

Eventually, Dominic stood up and stretched, lifting his long arms high above his head. Gordon walked towards him, shaking his head, while a disbelieving smile crossed his face.

"That was some balancing you were doing there," he said.

Dominic shrugged and replaced his rectangular, thin-framed glasses on his face, as they had been off while he was.

"That was yoga," he said plainly. "I've been doing it for a couple of years now."

"I guessed that." Gordon said. "You seem like a pro."

Dominic shrugged shyly and looked away.

"Not really. I'm just...really bendy. Always have been." He stretched out a creak in his neck. "Yoga helped me out of a bad patch of my life, a while back. I'd recommend it to anyone, whether they think they're flexible or not." He looked back at Gordon. "I'm not in your way here, am I?"

Gordon shook his head quickly and held up a hand.

"Oh, no, not at all. I wasn't expecting to find anyone here, though."

Dominic nodded.

"I went exploring after working on Thunderbird Seven. I thought this would be a good place to come and practice. It's far enough away from everything that it seems like you're out in the wilderness. Almost."

"I agree." Gordon said, turning to look out across the ocean. "I like coming here when I need to get away."

Dominic sat down cross-legged on the mat and laced his fingers. He looked up at Gordon, who then sat down as well, hiding a wince as he did so. Stupid back. There's nothing wrong with me!

"So why are you here now?" Dominic asked quietly.

Gordon shrugged with one shoulder, still staring out across the sea.

"Just wanted some peace, you know?"

Dominic 'hmm-ed', and then raised his arms up for another stretch, closing his eyes.

"How much pain are you in?"

Gordon's head whipped around and he stared at the other man, uttering a terse, "What?" which was perhaps more severe than he would have liked. Dominic opened his eyes and stared frankly at Gordon.

"I've seen you wincing, and I've heard from certain sources that you suffered a back injury some time ago. Injuries like that don't always heal up perfectly. Are you in pain?"

Gordon was tight-lipped and turned his head away, before sighing and shaking his head, looking back.

"Okay, you've got me. Yes, I am in pain, slight pain, and only sometimes."

Dominic nodded.

"I can help."

"How?"

"Yoga."

Gordon snorted and shook his head.

"No way. I can't get into any of those pretzel positions. I don't bend that way."

Dominic shrugged.

"You don't have to. What I have in mind is a very simple pose, that helps to alleviate back pain."

Gordon was silent and contemplative for a few moments, and Dominic waited. Gordon could feel his eyes watching, and eventually decided to give it a try.

"Heck, why not?" he said, getting up on his haunches. "Bet it can't make things worse."

Dominic grinned and stood up.

"Great! Now first, I want you to lie on your front, and raise yourself up as if you're doing a press up. And keep your legs straight."

Gordon nodded and did as he was told, with a certain amount of scepticism and a dash of curiosity. Maybe, if this works, I can use it if my stupid back flares up again.

"Perfect." Dominic said. "This is the plank pose. Hold it for a few seconds. Great. Now, set your knees right below your hips. Yeah, like that. Now spread your hands out a little, and turn in your feet slightly."

Okay, there's more to this than I thought. I must look so stupid. But maybe it'll work... He followed the rest of Dominic's instructions with some difficulty, but eventually, he completed the pose. He was bent at almost ninety degrees at the waist, with his feet and palms flat on the ground. This is so strange!

"Hold that for about a minute. Breathe deeply. Concentrate."

Gordon did, all the while marvelling at the fact that he wasn't lying on the mat, writhing in pain. This is so weird. If I had seen this pose first, I would have said it would make me hurt more.

"Alright," Dominic said after the minute was up, "Bend your knees to the floor and exhale, and then sit up."

Gordon rested his hands on his thighs and shook his head.

Dominic sat down on the ground beside the mat.

"What did you think?" He asked.

"Well, it seems to have helped the pain somewhat -- not that it was really bad in the first place -- but it was weird. What exactly did I look like?" Gordon asked.

Dominic smiled, and then took off his glasses.

"I'll show you."

He got into the position, and Gordon's eyes boggled.

"No. Way."

Dominic unfolded himself and grinned, replacing the glasses and pushing them up his nose.

"Yes. It's the Downward-Facing Dog pose. It helps to alleviate back pain, somewhat. Of course, it would work better if you were doing a routine, and if you knew the philosophy behind it. Yoga's not just a bunch of people in leotards bending every which way. It's so much more."

Gordon got to his feet and placed his hands on his hips.

"Well, it helped soothe my ruffled feathers, in any case. Thanks Dom."

"Any time Gordon. Any time."

Post by ArtisticRainey on 12/09/2004

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