

Walking #9

Bending /turning head.

(PURPOSE: Clarifying the MM of the head in relationship to the rest of the body)

As you walk **sense what your head is doing** in space as you step w/the **R-Foot** and **L-Foot**.

Head maybe bending, turning, nodding, fwd and BK...

Sense the R-Foot only as you walk...

Feel the **first part** of the R-Foot that **touches the ground** initially...the part of the heel

Feel the shift of pressure - across the bottom of the R - Foot.

Feel the amount of **pressure across** the toes...

The pressure across the **ball of the foot...**

As the the **weight** is on your heal and **moving** towards the **front of the foot** - sense what your **head** is doing....

Is your head moving **towards the foot** - or **away from the foot**...

R-Hand over the Top of your head...

Bend your head to the R...as you step on the R-Foot...

Soften the R-SH

Feel the Ribs- (W/L hand)

Walk Normally.

Think of the **mm of the head** - Where it is in space.

The **changing of pressure** under the **R -Foot**.

Do the same thing with your L arm now...

Bend your head to the R again as your R-Foot is stepping on the ground.

Left Ribs lengthen - Right Ribs shortens.

R-SH is lowering as weight is coming on to the R-Foot...

R-arm gets long.

Walk Normally.

Feel the **mm of the head** - where it is in **space**.

The changing of **pressure** under the R-Foot.

The **MM** of the R-Sh...

Try the opposite...

R-Arm over the top of your head...

Bend the head to the L as the R foot is stepping on the ground...

Does that feel **easier** than the other way?

Feel how the **R-Side of the Body lengthens...**

The **R - Sh is going up** - the **L-Sh is going down** as the **L-Arm is lengthening...**

The **L-hand** lowering...

Let the **L-Sh.B** move freely...

Walk Normally.

L arm over your Head...

Bend the Head to the L as you step the **R-Foot** on the ground.

The **R-side** of the body his **lengthening..**

Feel the **distance** between the **R-ear** and the **R-Hip joint** is changing as you do that...

Do you have a **sense you can stand taller** as you do that?...Or that the **R-leg is getting longer..**

Also notice that **stepping on the L-Foot** can assist you in bending to the L...

Walk Normally.

Think of the **mm of the head** - where it is in **space**.

Feel the changing of **pressure under the R -Foot, knee and Hip Jt.**

Feel if there is **something different** about the way you are using the **R-Leg...**

And what feels **more appropriate** - to be **bending the head** a little to the **R....** or trying bending the head a little to the **L** as you **step on the R foot..**

Feel which makes more sense?

R hand of the top of your head...

Bend your head to the R as your R-foot is **lifted off the ground...**

Is the R-side of the **pelvis** also lifting?

(Touch the R side of the ribs with L-hand to feel mm)

R-Side shortens / L -side lengthens...

Continue and let the walking be simple and subtle...

Walk Normally.

Feel if your R-Sh is moving in a different way...

L hand over the top of the head - bend your head to the R - as you are lifting the R foot.

Walk Normally.

Think of the **mm of the head** - where it is in space.

The changing of **pressure** under the R -Foot.

Now let try the opposite possibility.

R-Hand on your head - Lift the R foot and **bend your head to the L.**

Feel it is **the act of lifting the foot** that helps to **push your head away.**

And **putting the R-Foot back** - on the ground brings your **head back to the middle.**

Walk Normally.

Feel if “**Normal**” has a **different meaning** for you.

Put the **L- Hand over the top of your head** - and bend the **head to the L** - as you lift the R-foot.

.. and then **try the other way again... bend your head to the right** each time you **lift the R foot.**

Walk Normally.

Feel what is happening as you **step the R-Foot** on the ground...

Sense the mm in the **R-SH.**

As you step on the R-Foot - **is your R-Sh the same level in space** or is it moving **up or down**?

Can you **feel the difference** between the way the **R foot feels** on the ground compared to the **L foot**?

As you walk - **feel where your head moves in relation ship to your R-Foot...**

Notice **how far your R-foot goes in front of you-**

... and far your R-foot goes in back of you as you walk...

Notice the **mm of the head** in relation to the **R foot**.

STAND for a moment...

Sense the **feeling of the two feet** and legs...

And sense where your **head is in relation to the two feet.**

Do you feel like your **head in a equal distance** in relation to the two feet?

Or is your head over one foot **more** than the other?

WALKING

Think of the mm of the head - where it is in space.

Feel the changing of pressure under the R -Foot.

As the **weight shifts forwards** from the R-Heal to the R-Forefoot....

....does it feel as if you are **turning your head** a bit to the **R** or to the **L**?

R hand on your head - and as you are stepping on the R foot - **Turn your head to the L...**

Your **R Elbow comes forward** - as the pressure under your foot moves FWD.

Your **head** is turning to the L.

Notice how as the **pressure under your foot** is moving **FWD** - as your foot is moving **back wards**.

Walk Normally for a while.

L hand is on the top of your head...

Turning your head to the L as your weight shifts from the **R heal** to the **R-Forefoot**.

Allow the **SHBs** to move **freely**...

One moves FWD - One BK.

Walk Normally.

Can **sense some turning** in hour head and NK as your **weight shifts** onto the **R foot**?

R-Hand onto of your head - as you are stepping on the R foot - **turn your head to the R...**

Your **R Elbow** moves back now.

Your **R-Foot** is moving **behind you** - your **R elbow** is also **moving back**.

Walk normally.

L hand over the top the head...

Turn your head to the R as you are stepping on the R foot.

Is this more **difficult or easier** with the **L-Hand**?

Let the **shoulders** be free and easy.

Your **ride cage** is twisting.

Walk normally.

Feel the **softness of the R-Foot** on the ground.

R-Hand over the top of your head...

As you are lifting your **R-Foot off the ground** - turn **your head to the R...**

The R-elbow moves back...

Feel where does the **turning** happen?

Vertical axis?

Walk normally.

Sense is your head **spontaneously** doing a **turning mm?**

Is your head **rotating equally** to the R and to the L?

More in one direction than the other?

L hand on top of your head -

Turn your head to the R as you are lifting the R-Foot.

How does this feel **compared** to when you did it with the **R-Arm**?

Turn your head to the L as you are lifting the R-Foot off the ground...

The **L- Elbow goes back...**

Does this way feel **easier**?

Try the opposite again:

Turn your head to the R as you lift the R Foot.

The **R-SHB goes back...**

Turn your head to the L again as you lift the R foot....

So you **R_SHB is moving FWD...**

See if one of the ways is much **easier** than the other...

Walk normally.

R- Hand over the top of your head...

Turn your head to the L as you lift your R-Foot off the floor...

Feel the **Ribs on the L-Side** with your L-Hand - as you take your **R - Elbow FWD...**

L-SHB is moves back...

Walk normally.

Feel what is happening through out your body as your R-Foot contacts the floor...

Feel the **mm** in your **SHs**.

What kind of **mm** is taking place in your **head**?

Can you feel a **tendency for turning**? Bending?

Is it **clearer to feel** what is happening with your **head** in relationship to your **R-Foot** than when you started?

Feel the **lightness** in the head and neck.

Feel the **difference** between the **two feet... Hip Jts.**

END