

Walking #3

Reaching, See/Saw

Pressure on bottom of **right foot**.

Sense mm in **R-hip joint**.

The **MM in Pelvis** on R...

Observe how much **FWD mm** there is of the **R hand** to the pelvis...

Where is the moment when the **R hand is the most FWD** of the R Hip Jt.

How much distance to the **back of the R hip JT**.

Observe the **swing of the R hand** in space relative to the **R HP Jt...**

Extend your **R arm over head...**

Get the sense you **push of with the R foot** in order to **lengthen the R arm** over head...

Do you lengthen the back or the chest more to lengthen the R-Arm?... Or is it neutral?

Experiment with **bringing the R-arm FWD or BK** to feel where you lengthen more.

Try and find the **place the lengthening feels equal....** So the back and the chest feel neutral

Walk normally.

Feel the **R-Hp Jt** and the **MM of the R-Arm** FWD and BK.

Is there **any feeling of effort** in the hand or forearm you can let go of?

Bring R arm over head....

Lengthen R arm as you **push off w/the L foot...**

You are stepping with the L foot as a way to push or **make the R arm longer...**

Feel the **length of the chest or the back....**

Find a place to take your arm that the **NK and BK and chest are free.**

Walk Normally.

Feel the **swing of the arm** and the MM in the **R-SH.**

The feeling in the **Hip...**

Bring your L arm over head.

Reach a little higher with the **L arm** as you are **stepping** with the **L Foot**...

The feeling you are **pushing off with the L-Foot** to bring the **L-Arm higher** in space...

How does this **compare** to the R side...

Think of your **length in the front** - and your length in the **back**...

Feel how you can **make the MM so it is easy/free** in the SH.B and the NK..

Your **head could turn** if you wanted to.

Feel where your head goes as you shift your weight.

How you shift your weight from the L foot to to the R foot.

Walk normally.

Bring your L arm over head...

Push off with the R foot in order to **lengthen the L-arm**...

And feel how there is a different **transmission of power** - through the **leg and pelvis and BK** up to the **arm..**

Walk normally.

Sense the Feeling in the **hip.**

the feeling of the **shift of weight.**

Do you feel that **one hip is freer than the other** hip.

Is the swing different in the two hands?

How is it different in the two sides?

Stand on the toes of your R-foot and continue walking....
The L foot walking normally.

Does this tend to make one **SH come higher** than the other one?

Reach with the right arm towards the sky as you step on the ball of your **R foot.**

You **push off** with the R-forefoot.

Let your **head mv to the L** as you reach...

Walk normally...

Sense the **difference between the two hip Jts.**

Continue walking on the ball of the R-foot.....R-Heal stays in the air.... Bring your L arm over head...

Lengthen your L-arm over head as you push off with your R forefoot.

So the force of pushing off with the **R foot translates through** your back to **lengthen the L-arm** over head...

Walk normally...

Feel the difference in the **freedom of mm in the two hip JTS.**

And the difference the mm of the **two hands in space.**

Walk on the toes of the L foot...

... never letting the heel of the L-foot touch the ground - and see how that **alters your walking...**

Try walking with the **L-foot flat** and feel the **difference** in compression in the **L-hip Jnt.**

Then stand on the **toes of the L-foot** and feel how that changes the **compression going through** the L-hip joint.

Reach with your **L-arm over head** - as you **push off** with the **L-foot...**

Allow your head and NK to mv to where it makes it easier to lengthen the L-arm..

Let the **Ribs** on the L side **lengthen..**

Think of the **length of the front and the back..**

Walk normally.

Feel how the walk is altered..

Walk on the **toes of the L foot...** Bring **R arm over head..** and **Lengthen** R-arm as you **push off with the L-foot...**

Feel the **path way of connection** through the L leg, through the BK to lengthen the R arm...

Walk normally.

Feel the **amount of swing** in the R-hand and the L-hand...

Is it more **symmetrical** now?

(SEE/SAW BREATHING)

As you walk **Expand the abdomen** and **contract the chest then** (Opposite)...

Organize your breathing in your own way...

See if you can do these mm in a way that that **doesn't impair** the mm the **walking**...

Don't stiffen your self...

As you expand the mm of the **abdomen** can you let the **lower** part of your self **expand in all directions**...

Same with the **expanding of the chest** - expand in all directions..

Leave abdomen full...

So you feel an increase in pressure in **all directions** (DESC)...

....and keep walking like that. Breathing normally...

Walk normally.... (Abdomen free)

Bend your knees and make your self shorter a bit as you walk. Not leaning fwd...

Let your **abdomen be down and full** -

Can you let your abdomen feel **3 dimensional**... Use pelvic floor...

Let SH's move... Move head L and R.... Let the SH's be free...

Walk normally.

And feel what **difference** this has made in the **back** and the **hip joints**...

Feel the full **dimensionality** of the **pelvis**.

Draw the abdomen in - and leave your **chest inflated**...

Breath **normally**.

Let your self feel **full in back and front**...

Does this **change the swing** of the hands in space?....

Walk normally.

Observe the **BKWD and FWD mm** in the two **hands**...

How far does the R hand mv behind and in front of the R-hip jt?

Observe the **pressure** on the bottom of the **feet**. The heels, the forefoot, the toes....

Slowly start to do a mm of **looking up a bit and arching** the back, lifting the chest...

And **feel** what that does to the amount of **pressure** at the **heels and balls of the feet**.

... and then come back (Xs)

Feel how the **position of the head and the chest** changes the pressure on the **feet**...

And feel the **change in mm in the R-hand** in relation to the **R-hip Jt**...

Feel how when you **arch** - the **quantity of the BKWDs mm** of the R and L-hand **increases**...

Look down and bend FWDs....

And feel how that **changes the pressure** on the bottom of the feet.... and the **mm of the hands** more FWD or more BK...

(OPPOSITE MM)

Tilt **head back** and bring **Belly BK...**

Tilt **head FWD** and bring **Belly FWD...**

Feel the **swing of the arms** and hands...

Walk normally.

Feel changes.

END
