

ATM Walking #2
(Bending Head, Nodding Head)

Walking Sense **what you are doing with your head** as you are walking on the **right foot**.

As the weight moves over the right foot - do you feel that the **chin is moving up** - or is it moving down more?

Do you feel the **head is tending to turn** more toward the right or more to the left as your head is passing over the right foot?

What does the **jaw** do?

Is the **head tending to bend** more to the left or more to the

Put your **right hand on your forehead** and your **left hand behind your head**.

As the weight is coming over the right foot - roll you head to between your hands and turn your head to the left as your weight is coming over your right foot...

You roll your head between your hands - so that your head is turning to the left as you step on the right foot...

As your weight shifts from your heel to the front of your foot - your head is turning to the left...

Very gently. Reducing the effort in your shoulders and neck...

Try it now turning your head the opposite way so that your head turns to the right - Turning your head. Rolling your head between your hands... as you step on the right foot..

Turning your head as your weight shift from the heel to the front of your foot.

Your head is turning to the right....

Walk normally and sense where your head is and what it does as you step on the right foot...

Now do the same thing - but with your hands reversed..

The left hand in front and your left hand is behind...

Turn your head to the left and back as you weight passes over your right foot- rolling the your head between your hands...

Try it the opposite way - turning your head to the right - as your weight passes over your right foot...

5:00 And walk normally and sense how your head is moving in relationship to your right foot.

And now - as your weight pass from your heel to the front of your foot - tilt your head so your chin moves away from your chest... Tilting your head back

6:20 It is as if the movement of step-in on the right foot pushes the head back and lift the chin.

And walk normally...

Sense where your head is in relation to your right foot..

Now as you step on the right foot - feel that the transmission of pressure nods your head down...

And see if this feels more natural...

You are just tilting your head - not the whole body...

Let your self feel the transition of movement through your foot, to the leg through your pelvis, spine to your neck and ton your head...

So stepping on your foot makes you wan to nod your head downwards...

And so when you are not stepping on your right foot your head comes back to facing forwards...

8:50 And walk normally and sense what your head does in relationship to the movement of your right foot.

Feel how the right foot caries the weight of your head.

Notice what your head does when you don't ry and do anything in particular with it...

And let your head and neck be free to respond to the movement of walking...

9:45 As you walk - as your standing on your right foot - tilt your head to the right a little bit...

Feel that the tilting of your head to the right - helps you to stand on your right foot...

Feel how it changes the way you do stand on the right foot...

And when you are not standing on your right foot - your head is coming back...

Walk normally...

Think of leaving your neck and head free...

And feel what does your head want to do as you walk?

Feel how your head is moving in relationship to your right foot...

Do the opposite - so you bend your head and neck slightly to the left...

So each time you are standing on your right foot your head is bending to the left... as if it helps you to stand on the right leg to bend your head to the left...

Feel how you have to organize your pelvis in a different way to make it clear that bending your head to the left helps you to step more clearly the right foot...

And now try it again bending your head to the right as you step on the right foot...

Try bending your head to the left as you stand on the right foot and then try bending your head to the left as you stand on the right foot and see which you prefer. 13:00

Walk normally again and send the movement of your head when in relationship to standing on your right leg...

Organize the movement again so as you step on your right foot you tilt your head back...

And let your chest come forward and arch your back a little bit as if you want to look up... as you put your weight on your right leg. 14:25

Now do the opposite - as you step on the right foot - nod your head downwards....

And when your weight is not on the right foot - your head comes back to face forwards...

15:10 Walk normally...

Sense the movement of your head...

Send the feeling of the movement under the right foot...

And sense whether you carry your head over the right foot now in a different way than you carry your head over the left foot.

Feel if your right foot connects with the ground differently than your left foot does... 15:41

Stop and stand...

Feel the difference in the way you stand on the right leg compared to your left leg... 15:57

Shift your weight right and left very slowly and end sense the relationship of your head to each leg and foot..

the way you feel each side is organized for standing...and for weight bearing...

Continue walking and feel the way your left foot contacts the ground as you step on it and the pressure rolls from your heel to the front of your foot.

And feel how your head is moving in space in relationship to standing and stepping on the left foot...

Feel how your head responds as you transfer your head from the left to the right foot.

And put your right hand on your forehead and your left hand behind your head...

As you are stepping on the left foot - turn your head to the right.. rolling your head between your hands...

So you are rolling your head the right as the weight is shifting from the heel of the left foot to the front of the left foot...

Notice if the perception of time it takes is longer as the movement gets clearer and more coordinated... 18:40

And now roll your head between your hands in the opposite direction - rolling your head to the left - as you are stepping on your left foot... 18:56

Your head turns to the left as your weight shifts from your left heel to the front of your foot... 19:15

Walk normally...

Feel how your head moves around the uppermost cervical vertebrae near the top of your neck...

...and feel like your head is floating there... feeling the buoyancy of your head and neck in response to you shifting your weight... 20:07

Switch your hands - one hand on your forehead and the other hand behind your head..

Try turning your head to the right each time you shift your weight from the left heel to the front of the left foot.

Are your eyes also turning to the right?

And now turn your eyes in the opposite direction to the movement of the head...

Walk normally - send the movement of your head left and right as you step on your left foot.

Slowly turn your head left and right while turning your eyes in the opposite direction... 22:00

Also notice the way your left foot contacts the ground...

22:42

Sense the lightness in the mm of the head as from one side to the other...

And keep thinking of the left foot only...

Walk normally...

Feel how you are walking now...

Sense the movement of your head now and the kind of balancing your head does while walking...24:30

And now, tilt your head back a little bit as you are stepping on the left foot...25:04

And look up as you do that....

let it be a simple movement...

And now, do the opposite - nod your head down as you are step-in on the left foot...and look down...

it can be a very small delicate movement...

And now, tilt your head back a little bit to change the way your head is balancing as you step on the left foot...

And simply walk - and sense the balance of your head relative to walking and your left foot contacting the ground... 27:20

And now, while walking and sending the left foot only - nod your head a little up and down - slowly moving your eyes in the opposite direction of your head... (DESCRIBE)

A very delicate movement of your head just to sense the difference in balance as your head shifts from tilting down a little it to tilting upwards a little bit...

Looking for a feeling of lightness..

Your head can be moving much more slowly than the changing of weight from one foot to the other..

You may make many steps before you have complete the entire cycle of tilting your head up and down... 29:29

Walk normally...

Sense the balance of your head in relation to the left for contacting the ground..

Let your head find its buoyant balance... 30:21

Think of the nodding of the head in the sideways direction - left and right...

and feel with out moving your head deliberately - how is your head tending to sway in the left and right sideways direction... 31:32

And now, very gently - allow your head to bend a little to the left as you are step-in on the left foot. 32:00

just moving from the to vertebra.. jus creating a title change in balance...

And feel how tall you are...

Feel how far away the top of your head is from the bottom of your left foot.

And now let your head bend a tiny bit as you are stepping on the left foot...

Think of tilting from the top most cervical vertebra and the also from the top of your head... 33:26

Feel how a small movement from the top of your head change the balance on your left foot...

Walk normally and feel the buoyancy and balance of your head at the top of your spine...

Can you let your head stay relaxed so it moves with the maximum ease for walking... 35:17

Stand...

Feel your feet on the ground and heel your head above.. and shift your weight left and right - and feel how your head can balance over one foot and the other... 36:18

Feel how your head balances over the standing leg...

END
