

## **Level 2**

### **Standing Sitting and Walking**

#### **Standing/Sitting**

Primary Control

Sitting bones.....balance....We are always in movement

Head leads, body follows

You don't need your arms to get out of a chair

If you are balanced on two feet standing, the weight does not have to change on them until you arrive at the seat

Ask yourself about the change in the weight on your feet as you stand

What are your eyes doing?

There is no critical moment during standing or sitting

You can always stop on the journey, you could be 'in balance'.

What journey does your head take?

Is there work in your face muscles?

What is your tongue doing?

Hum to yourself and stand/sit, does your humming change?

Are you breathing? The spine lengthens and gathers during breathing.

Can you see the room around you.

Try standing/sitting focussing on a point in front of you.

Try standing/sitting in panoramic

What are your toes doing?

Change the position of your feet and try again.

Are your back muscles working in coordination?

What happens to your pelvis in relation to the rest of the body?

Map your joints.....Does the movement feel easy?

#### **Walking**

Primary control

The Head leads, the body follows

Tip from the ankles

The legs are pendulums, gravity encourages them to swing.

Arms are pendulums

Turn your head and your body will follow

Turn your eyes and your head will follow

Lean forward to increase the tempo of the walking

Can you work less hard to walk...more gravity less muscle?

Allow the diagonal coordination to take place

Walking massages the internal organs between the shoulders and the pelvis

Can you see panoramically?

Try focussing your eyes...then allow yourself to see into the distance...now become aware of nearer things

Be aware of near and far sounds

Feel the ground

Feel your movement through the air around you

What is your kinaesthetic sense telling you?

Can you hear yourself walking?

Listen to your whole body

Are you balanced?

Are you breathing?

Does your body feel heavy or light?

How can you encourage more lightness?

Is there rhythm in your walking?