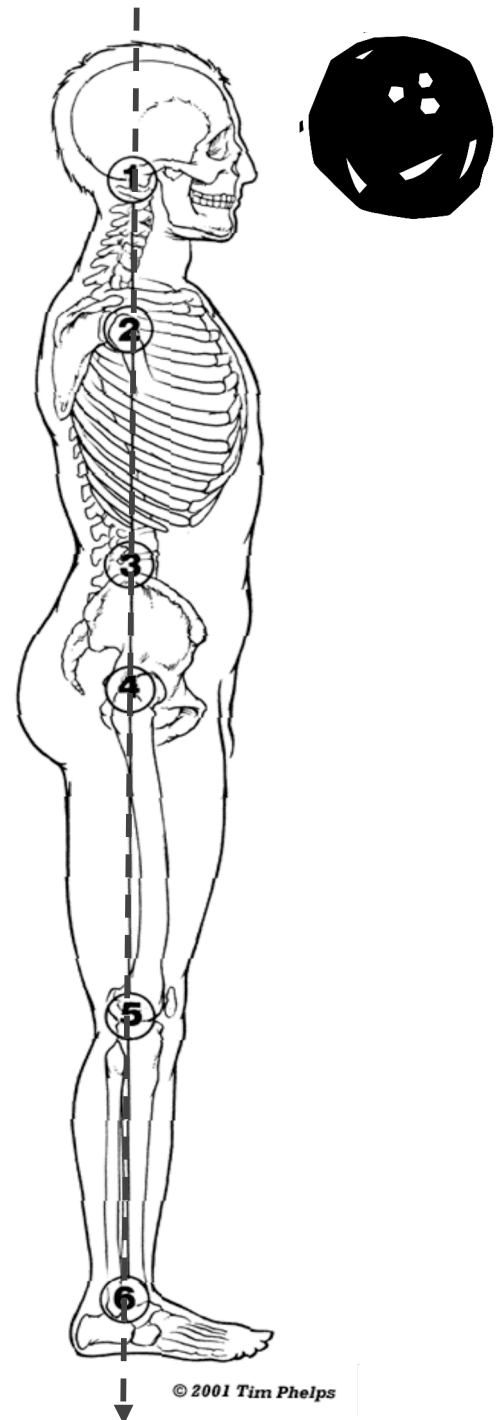


The Design of Balance

The weight of the head (about 8-12 pounds, like a small bowling ball) is borne by the spine and distributed through the pelvis to the legs and through the ankles to the feet.

- 1) A-O joint
- 2) Arms balanced over torso
- 3) Lumbar spine
- 4) Hip joints (standing) or sit bones (sitting)
- 5) Knees
- 6) Ankles



These places of balance are easy to address in your practicing and with your students