

Observation as the Basis for Improved Functional Alignment & Efficient Use

1. Observe partner stepping up on a step with one leg then the other leg
 - A. Notice what you notice: have them do it a few times (or as many as you like)
What you see is valid. Elephant and blind men...each have own perspective...consensus reality...you may be picking something up....
 - B. Direct attention to these things:
 - 1) How does the weight travel through the bones? Look for lines of force, are they directed through the bone, is there ricochet? Where does it go? Is there soft (non-bone/skeletal) tissue supporting weight? Does this seem effective to you?
 - 2) How does the movement flow? Does it flow with ease? Where is there non-ease/strain/a jump or catch/wobbly-ness/extra movements? Does the sequence make sense to your body?
 - 3) Could this movement be more efficient/effective? If so, how? What would help the weight be better supported? What would make the movement easier?
 - 4) What are things might you offer and/or suggest to invite more ease and/or efficiency?

Some Factors That May Be Involved:

- Various muscle group tightness
- Various muscle group weakness
- Habitual patterns of holding and alignment
- Habitual patterns of movement sequencing and muscle use
- Level of awareness
- Overall health and vitality, breathing habits (tone)
- Recent injury in areas of use or nearby areas
- Habits of mind, self-image, emotion, mood
- Mythic life . . .
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