

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: where the base of the skull meets the spine
- 2) When you are balanced, then your arms rest freely on the ribs and are balanced over your torso.
- 3) Lumbar spine: neither arching nor slumping
- 4) Hip joints (standing) or sit bones (sitting). The whole torso balances here.
- 5) Knees: neither bent nor locked
- 6) Ankles & arches

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

