



6 Balance Points

The least movement is of importance to all nature. The entire ocean is affected by a pebble. ~ Blaise Pascal
Get to know your body, begin by knowing these 6 Balance Points and move from them into your whole self.

A- O Joint

This is where the head balances and is supported by the spine.

Arm Structure
sterno-clavicular joint- humeral joint- elbow joint -wrist

Spine

cervical curve
thoracic curve
lumbar curve
sacral curve

Hip Joints

second most important place of balance.

Knee Joints
locked balanced bent

Ankle joints and feet
there are 28 bones and 30 joints...

More Ideas: Take some Body Mapping lessons and classes.

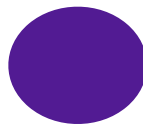
Go to www.bodymap.org and www.moveandplaywell.com

DVD: Move Well and Avoid Injury (Body Mapping DVD)

Circle it

Until he extends his circle of compassion to include all living things, man will not himself find peace. ~ Albert Schweitzer

Making large open circles



with each of these body parts :

1. Breathing fully and deeply - making circles with your feet and ankles.
2. Breathing fully and deeply - making circles with your knees.
3. Breathing fully and deeply - making circles with your hips.
4. Breathing fully and deeply - making circles with your arms.
5. Breathing fully and deeply - making circles with your hands and wrists.
6. Breathing fully and deeply - making circles, gently with your neck.
7. Breathing fully and deeply - making circles with your eyes.

More Ideas: Remember to listen to your body at the beginning, middle and end of your practice and do some circles!

Listen: [Jeanne Baxtresser, Flute](#) **CD:** [Orchestral Excerpts](#) **Look:** [CPE Bach Concerto in D min. ~ Baxtresser](#)