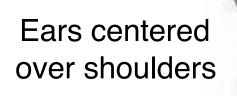


NEUTRAL BODY ALIGNMENT

PLUMB LINE ALIGNMENT

Chin level; gaze forward



Ribs centered over pelvis

Knees unlocked; kneecaps facing forward Chest open;
shoulder blades
drawn slightly
backwardsElbow creases
facing forward



FIND YOUR BEST ALIGNMENT

Lengthen the crown of your head to the sky, gaze forward on a focal point at eye level.

Ground. Center your feet and feel where they connect with the earth.

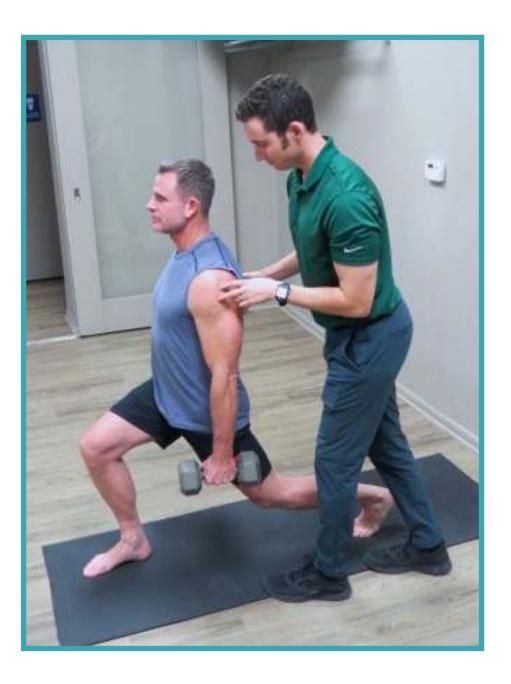
Relax any tense muscles; jaw, shoulders, buttocks and toes.

Engage your deep muscles. Gently pull in and up at your low belly, so your tailbone is untucked.

Center your body along an imaginary plumb line running from the center of your head to the middle of your feet.



Body centered along plumb line



NEUTRAL ALIGNMENT IN MOTION

- While moving from one position to the next keep your head and chest up and lengthened to the sky with your gaze fixed on your focal point.
- Maintain neutral alignment in all joints that are not actively involved in the movement.
- Slow down to increase your control.