

PLUMB LINE ALIGNMENT

Chin level; gaze forward

Ears centered
over shoulders

Chest open;
shoulder blades
drawn slightly
backwards

Ribs centered
over pelvis

Elbow creases
facing forward

Knees unlocked;
kneecaps facing
forward

Feet 4" apart



Body centered along plumb line

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.



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.