

Golden Principle Keep your body erect.

Begin with the spine as the conductor of the body.

The spine provides structural support and balance to maintain an upright posture.

The pelvis is held by the base of the spine, keep it tucked in and down in the centre, do not lock the pelvis keep it soft and movable.

The pelvis then in turn can direct the legs, which hang at each side of the pelvis with your feet beneath them, maintain your balance by using the three points of pressure off the feet against the floor, the ball of the big toe the ball off the little toe and the back edge of the heel.

The shoulders are kept directly above the pelvis with the arms hanging on each side, do not let the shoulders pull forwards or backwards let them hang in the middle above the pelvis.

The head sits upon the top of the spine with the eyes looking straight forward and out with the chin pulled slightly in and the crown of the head gently pulled straight up, so you can see all-around in any direction and the mind can look back in so you can feel what is happening inside the body.

Erect without hardness and soft without sloppiness, firm with intent of been.

Move the spine like a string of pearls, each vertebra can move independently and move as one altogether.