

### **How To:**

- Sit on a chair with your spine straight – knees and feet about a foot apart.
- Press with your right foot into the floor, which moves your right knee and hip back. Repeat with the left foot. As you press, see the knee moving back a few inches. Relax back to center and repeat a few times
- Now after you press the foot into the floor and the knee moves back a few inches, feel the same side hip rotating, which then rotates your back, and finally your upper back, neck and head. Rotation starts with your feet and moves up your body to your head. Be gentle with yourself. Do less rather than more, as Feldenkrais teachers always insist.
- Release the pressure of your foot on the floor, and your knee, pelvis and spine will unwind in sequence, relaxing back to neutral.
- Repeat on your left side. Observe which side is easier for you.

### **4. Translating**

- Translating our weight means that we change our weight from one foot and side of our body to the other foot and side, constantly moving our center of gravity from side to side with each step we take.
- With each step, we need to fully place our weight on our standing leg and shift our center of gravity over this leg, while maintaining complete balance. Then we shift our weight, center of gravity and balance to the other leg.
- When we fail to translate or shift our weight and our center of gravity, we become stuck favoring one foot and side of the body over the other foot and side – commonly seen with people who stand on one leg when they are talking or on the phone, rather than standing on both feet.
- With age, or with people who have had accidents, we may avoid shifting our weight from one foot to the other altogether. Because of