

our lack of balance, we tend to stay in the middle with no shifting of our weight and center of gravity as we walk. This way of moving leads to a lack of freedom in our movement, a loss of grace and to shuffling our feet – associated with the aged and infirm. Even people in their thirties and forties may stop shifting and balancing their weight easily from side to side, and inadvertently de-energize themselves.

- When sitting at a desk or computer, you may notice that you favor sitting on one sitz bone and tipping your body to that side. We need to be balanced on both sides, both sitz bones and both feet (unless we want to move, in which case we need to translate or shift our weight to one side or the the other before returning to the balanced state once more).

### **How To:**

- Stand with your weight exactly balanced on both feet in neutral. Now slowly move just your right foot to the right, placing your toe and then foot on the floor. As slowly as possible shift your hips and body over your right foot. When your weight is fully on your right foot and side, lift your left foot and balance.
- Now place just your left foot to your left, placing your toe and then foot on the floor. Shift your hips and body so you are exactly balanced on both feet in neutral, and now slowly shift your weight onto your left foot. Lift your right foot and balance.
- Repeat a few times, moving the foot first, then your weight to neutral, and then to left or right.
- Do the movement forward and backward, moving one foot forward, shifting your weight over the front foot, and balance on the front foot. Repeat, taking a step backward.
- Walk around in slow motion, feeling the translation or shifting of your center of gravity as you balance on one foot completely and swing the back leg forward in preparation for the next step. Feel the