

Sept. 9<sup>th</sup> - 23<sup>rd</sup>

Body tight and tense

but there is an understanding  
of, and a response with  
each lesson that shows  
the results of last  
year's work.

The worst fault is  
that the breath divides  
the body into 2 parts.  
Ex. to correct.

Give the breath out  
drawing up each knee

alternately.

Must not allow the space  
between ribs (lower) to widen  
and muscles of abdomen  
to be extended with  
the breath, but carry  
thought of rectus  
abdominis down <sup>up</sup> to  
pubic arch, narrow  
space between lower  
ribs, let breath go  
(seemingly) down into  
legs!

Must learn to do things  
easily. Absorb things  
through pores of body,  
think of brain as in  
body and do not work  
head and eyes as hard.  
Be careful to not fix  
eyes in a stare, use  
less concentration.

Distance between  
ears at base of  
head too narrow and  
muscles too thin

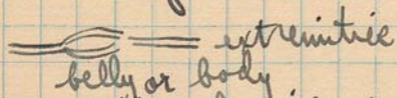
Empty the head,  
widen space between  
ears.

As people age are  
very apt to have muscles  
become thin on each  
side of frontal bone  
and lower muscles  
of face to sag and  
make the line on  
side of face.

Relax tension of

jaw muscles and  
upper lip and keep  
muscles of (side frontal  
bone) filled out.

9 ll. of muscle



belly or body

extremities

Strength should be in  
the body of muscle.

9 ll. Bronze statue of  
Farnese <sup>by Baker (?)</sup> a wonderful illustration  
of proper abdominal muscles,  
depth and softness in  
front of thigh joint.  
The statue carried out  
the idea of a  
trotting horse that  
Miss Colwell gave.

Oct. 20 & 17<sup>th</sup>  
Anatomy of horse in book  
by Loren Bargmann.

Lesson on Miss D -

Sitting posture -  
ankles in position under  
knees, weight in ~~ankles~~  
thighs. Narrow above  
pubic arch, bring up  
pubic arch, weight in  
lumbar, sternum up, 1<sup>st</sup>  
rib back.

To cross knees -  
cross them well above  
knee after taking  
correct position. This  
does not pinch nerves  
so much as near knee

Vertebra & ribs, very  
tense between shoulders

Exercises; — 1-2-3 —

Every hour if possible  
through day to be done.

Python exercise; think  
of upper vert. as handle  
and head as dick ~~or~~  
as neck of python rearing  
head up to peer around  
and crawl down spine  
lengthening it and  
bringing weight into body  
as python would do.

Think of torso as mine  
extremities and that  
must squirm across ground  
between equines, ~~lines~~ by  
wiggling of spine.



If patient has something  
on mind get them  
interested in body first  
then ask the trouble.

Oct 15<sup>th</sup> Miss T -  
1st things to teach

Unit Mass

Articulation Mass

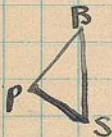
Unit Mass in soft or liquid state when out of line runs or molds together  
In solid state like stone rolls over and over.

artic. Mass. adjusts its separate parts to be in harmony one with the other or rest of body.

Oct. 29<sup>th</sup> - Miss T  
softness - atoms released  
deep breathing front spine  
inhalation - diaphragm

exhalation - diaphragm

Oct. 29<sup>th</sup> - Miss T  
3 Points to work on.



narrowing B.  
shortening P  $\bar{c}$  B.



lengthening  
a a

1<sup>st</sup> rib back.

5 essential things to work for  
column carry through  
" flexibility

rate appendages of column  
straight line legs into sockets  
muscular play legs into lumbar  
separations & lightness shoulder g.  
muscular play across below lumbar

Pelvic - depth down & through  
in order to have suspended contents

ex. hollow through from hand  
to acromion, then to sternum,  
then back to acromion.  
column a river & rib  
tributaries.

lay spine & pelvis on table to  
show how inside pulled <sup>and</sup>  
not closed from outside

picture muscles of back. Use middle  
2 sections of trap too much. By  
keeping these tense front & back  
muscles of neck do not have  
chance to play against each other

~~same distance from outside humerus~~  
~~to ribs as ribs to center~~  
clavicle as long as possible

spine as an organ consists of  
larger at base & smaller at top

Ex. clavicles long as possible  
carrying shoulders out, contract  
intercostals especially of 1<sup>st</sup>  
3 ribs, make a deep gutter each  
side of spine & slip ribs by at  
sternum, slip shoulders backward

ex. cutting thru of skeleton  
how would fix it.

if bony body adjusts cage  
will adjust. Cage must  
be loose enough for  
bony body to adjust.

1. loose & easy
2. legs - pick up feet &  
place down. straight  
thru line legs
3. spread inward
4. get consciousness of  
lower circle instead of  
upper and
5. shoulder g. at sternum
6. ribs hang from spine
7. adjust spine with  
head on top.

to forward, not moving elbow or  
arm

Points to work on

~~distance H to R. P. to center point~~  
Hold ribs to spine deeper muscles - gutters

Broken line at head. narrow at 10"-12"

Let all work of body come from  
lumbar instead of rib carriage

Use deeper muscles of neck and  
of spine (full length).