

each 1/2 ↔ ↔ ↔

Butt
Studios
Todd Goldblatt
Colwell lessons to me

(4). lengthen spine.

ex. fascia below glut. max. snugged together
space lower end of adductores.
(do not know).

ex. Sunken garden. Pubic to pelvic.
going down steps from 1st to 2nd
shorten (narrow) and heighten top step (1st)
Broaden (widen) and deepen lower steps -
front of sacrum and coccyx. Relaxer gluteal

ex. Right & wrong boundaries
Do not establish boundary sides of feet
" " heels

Make one that body weight rests on
Do not run over outside of a line
stay within ^{pubic} arch between sockets.

Miss Todd has stressed in her teaching

1. Flexibility of rib ~~capsule~~ ^{capsule} in contrast to fixation.
2. Balance of weights through center of body.
3. Relationship between spine and heads of femurs.
4. Freedom of pelvic and shoulder girdles.

To most people inhibiting means doing nothing. There is action to contract
action to relax.

General -

Bones in a solution. Relaxation (?)

.. moved by ..

Solution should not solidify.

greater power of solution in lumbar & thigh areas
solution through head-ribs-pelvis, between ribs.
around leg bones - between toes - under
shoulder girdle.

ex. snugging body together - then moving
extremities.

At first there would only be as much
motion of extremities as body could
produce. Small at first and growing stronger

ex. think from each end ^{of m.} towards other
to stimulate muscle action.

ex. Do not exert so much outward pressure
Body in air like fish in water.

Let air push against your sides of ribs
and thighs and sole of feet, (ischia
when sitting) ? ~~the~~ Upward push from below
equivalent to downward pressure

Body - Spine

axis of weight - imaginary line like the one called axis of the earth.

axis of ^{motion} support

Bring the two axis as close together as possible in order to release outer pulls of body

Picture - going between walls of a structure
between wall & piano & desk

Picture - thumb on the back - palm outward -
palm on abdomen - bring 2 points toward
axis. 2 Hands



Lying on table on back - spine touches table
between sacrum and 5th lumbar. The ilia
help in supporting this, tip of spinous
process of 5th lumbar would barely touch
the table.

If there is proper support in the pelvic
muscles and those in front of sacrum
there will not be too much backward thrust
of the spine at this point.

Picture - teetering - 3 in long teeter - at top of
sacrum instead of at middle of sacrum.

Picture - blow paper whistle down front of
spine to tip. Allow to roll back and blow
down again. Kicking may be combined.

Picture - one side of body close to the spine
touches other side of body - heavy cubes -
fitting sides together - picture puzzle -

Picture - Bran dolly - sew seam up front -
down back -

lying on side - one side seam directly
over the opposite

Picture - walking down stairs - towers -
piling stones - stringing beads
kindergarten beads - arranging or
coordinating bones in inner tail ✓

Picture - waving tail

Picture - sponge - inside of bones and also covers bones.

Picture sew diagonals in sponge.

Picture - frog shrinking

Picture - neck into 1st rib - tortoise - chicken

Position on back - pillow 2 ways

Position on side - (chair position) avoid too straight a chair when lumbar spine weak.

Upper part of body over lower part
Not upper forward and lower back.

- ex. 1. coccyx into fascia - bone into skin of tail
2. fascia over coccyx - skin over bone
3. finger into glove - glove over finger.

Picture - sewing buttons on coat.
buttoning coat.
planting seeds

Picture making garden

Picture - Poking tail through hole in egg

Spine should not be held upward.
Leg thrust is toward center - upward.
Spinal weight is toward center - downward.

Greatest need of activity is in pelvis.
A weak person is weak here.

Relaxation of extremities brings
centralization of center.

from above. Proac pushed up as much
as diaphragm down.

Bucket goes down in well, also comes up.

ex. Pressure upward beneath feet to relieve
drag at thighs.

Caution ischia should not be spread
beyond the point of releasing.

weaker to carry iibe down until
they release from side to center.

Diaphragm a very thin muscle —
logical deduction that ^{it} could not be
a supporting muscle

Dr. Hill says that individuals differ,
for various reasons, in muscular
energy and endurance. (rhythm?)
tension —

ex. Ant. sup. spine carries in imagination
over to opposite side of pelvis.
Leaf folding or curling over.

ex. ischia should not spread beyond pt. of releasing
should feel action between levels of
pubic arch and ischia - shallow
Leather waves from one side to other.
→ lower pelvis shallow and wide B.C.
upper .. shallow and round B.C.
Thigh roll in

ex. large ball within pelvis
roll upward in front.

ex. pelvic area - (coccygeal etc.)
X slower opening - petals radiating outward
center of flower goes in and out with breath.
(Feel weight of animal's tail).

Boof ex.

ischia - bottom of boat

mast - changing to goldfish tail

boat - complete in front

legs - controlled inside of boat

ribs - all sail down to side of mast

Breathing - leaving sail down

sitting

walking - " " " " (?)

ex. slip cover -

outer pelvic rim - arms of chair

inner " " seat of chair

Tuck slip cover between sides, and cushion

" " " back of cushion

chair seat open - soft.

Iscchia as part of pelvic rides up on spine when pelvis tipped.

ex. (1) shortening line socket to pubis

(2) clavicles both shorten & lengthen

(3) take up slack between | (in abd m.)

Pelvic.

3 liene - flare tails of fantail pigeons
2 p. facing each other at about 3^d lumbar.

Ribs should be kept as close to pelvic as possible.

Picture - ischia like nostrils.

Picture - knees at right angles to the body
don't lean on the arms of V (or spread)

Picture - body like wastebasket upside down.

Packed to overflowing - tie rope around -
stand on head - stuff into center -
set ribs into basket - don't break in

front of basket. ^{clothes hamper - paper cutter severe}
^{rests on legs - shoulder girdle cover}

Picture - shorten or crush line from xiphium
to pubes, bottom to top.

Picture - dig clay out of seashell - outer
pelvic - side - back - over socket -
make the muscle very soft - depth of
bisuits not top crust -

Picture - soaking up water into sponge from
bottom of boat.

Picture - think ribs inside pelvic - stovepipe -
fitted into an elbow

thighs.

Picture - wedge between ischia and little trochanters

Picture - bow legged feeling of trochanters with body.

Picture - stuffing empty places.


Picture - fascia sides of thigh falls back on to table - put weight here and let it hang.

Picture - soda straws through legs - do not sink but pucker along sides of them.

Picture - alligator swallowing legs.

Picture - drumsticks

Picture - wrinkles 3 or 4 along inside line. think from socket to inside line of thigh.

Picture Triangle - curtain rods - in  pelvic socket to socket - to top of sacrum - shave them by each other. ✓

Picture - Tree falling forward - carries weight into roots and away from branches - free - cut the tight ropes - control fall of tree

Picture - rocking chair - accent forward

Manip - one hand steady pelvic under
ant. sup. spine - other hand exerts pressure
over ankle and tibia - snugging femur
into socket -

Manip. - 1st hand the same - 2nd has
thumb in popliteal fascia supporting
femur - with weight of jaw bounce
femur in socket. Then rotate.

Think 1 stem idea in standing

Miss Todd always taught snugging along
inside and front of thigh

Miss Colwell added lengthening back of thigh.

Elephant trunk as to extremities
shrinking of the muscle into body
state of the body held up (I say
weight acts) not the weight dragging down.

thinking knee to socket - release outer hip

Ex. Arrange ball & socket joints in a solution.
legs parallel in stream, joints - ankles -

ex. inner ankle back - outer forward
pushes front of base

inner knee back - outer forward
soften above knee (B.C.)

g. trochanters forward (B.C.)

chuffing = skating

(B.C.)

ex. pin cushion - pinning m. to body.

ex. Proar forms a necklace around
the spine and holds the femurs
as pendants. Let down back pull
on pendants. adjust front pull.

Mobile or puppet

Rib Case

Picture - ice cream cone inverted - lead
rests on peak - contents run down back

Picture - rib carriage shaped like cucumber.

Picture - narrowing side to side under the arms.

Picture - ribs fit into sockets in spine
like ←. Farther into body than we are
conscious of. Trains running into
station - headlights -

Carry the tracks on the bias - a little
upward - and not straight in as
thought is apt to carry.

Picture - Maypole - colored streamers -

Picture - fishnets - hammocks - slung from
spine and sternum - heavy with sinkers
seaweed etc. - long ones into pelvis -
shorter ones to lumbar area - to mid
rib area - touch sides of spine -
post - flap in breeze - mesh can catch
hold of heads of femurs and snug
in - aid in correcting curvature tendencies

and in shortening distance between ribs and pelvis. Shorten and thicken all back muscles.

Think side of body under arm and not arm. Long line down side of body, around ischia and up inside of leg.

Don't connect the idea of ribs in front with spinal column.

Ribs locked when both ends spine tight
" rigid " one " " "

Sufficient room in body for ribs. Don't push them out.

ex. sliding in of body. Ribs into pelvis.
Pelvis over ribs.

ex. Lifting ribs over inner pelvis rim - lock of forgotten ribs. 11th & 12th fit first than others.

ex. windows to let the light shine below
at top of upper ribs close to spine
and under clavicle

ex. organ stops - alternating & together.
12th rib in and out
1st rib - - -
ribs become elastic.

ex. 3 upper pairs of ribs move upward
as well as downward. Allow
elasticity in cervical muscles.

ex. swallowing ribs -
after working along & between them.
Twisting or twisting them in at ends.

x. Tuck neck into 1st rib like tortoise.

We have too large a head consciousness
x. Paper whistle tubes in center of head and
inner thigh line.

Feet.

Picture - Filling feet with bran - dolly -

Picture - autos into garage - birds fly into house

Picture - open and shut.

Correct feeling for foot is when all the fibre threads feel an even suction up - little pipe.

ex. making balls of feet springs while toes move at the same time.

ex. setting ball of each toe into foot and drag toe back over floor to straighten

ex. small circle great toe
large .. little ..

ex. Snugging together at inner knee
great toe under foot.

Snugging at outer knee
outer toe (little toe?) curled under foot

ex. Ball under foot.
Touch toe then heel.

ex. Feet in circle - cylinder
line from toe up into leg.

ex. more action in walking - below ankle
between heel and little toe. Heel
substance elastic. Use of tibialis.

ex. Radiating lines from sides and heels
of foot. Think lines outward from here
as well as in toe area. Relax tension.
We hold here because we think an end,
a line. If we release ^{it} will be ^a more lovely
line.

Relaxation of sides of foot brings
consciousness of center.

Breathing -

Picture - squeeze water out of sponge in middle of body as ex hale (?)

Picture - Diaphragm like mushroom - (strong stem - small fragile top -)

Breathe through the stem - front of spine ✓

Picture - ordinary suction pump -

Picture - lice or small different ways
winds -

Picture - teakettle lets off steam - lice
" drinks through nose

Picture - sails down

Picture - solution breathes - not the same

ex - Snuggly nose and counting.

ex - pillars of diaphragm balloon strings

Corrective.

ex. To correct turning of hands outward.
Clothes pin in each hand. Swing at sides II.

ex. Position - eastern prayer - forearms on table
parallel to spine - forehead touching -
spine on incline plane. Draw back to
sitting position letting ischia lead back.
Do not spread ribs between shoulder blades.
Shank Brune.

Relaxing vertebrae
Hicc as go forwards - emptying front of lung case
Inhalation - expand upwardth dorsal vertebrae
as you shorten basic lig. of spine.

Alligator yawn - tongue stays on floor of mouth

Dog "woof" pig? "ugh" cat "meow"

Head..

Picture - Tip the head to one side like a pot of gold and let the gold spill out that eye. Repeat with other side. Soften jaw before doing this.

In manipulating - pot of gold rests at the end on under hand as the gold spills. As roll the pot tip it enough so the contents swirl.

care - as work with fingers - go lightly deep in crease back of ears - around mastoid proc. - on 3 lines at base of skull.

eyes - shut - open

^{it}
▲ Pyramid up into head
Age spreads back angles of jaw - narrows front

ex. setting hyoid bone back and up.

ex. cervical spine like stem. Blossom opens front of stem and top - apex of neck.

Torsion(?) of spine - twisting

Sitting Ex. - waist secured at base
ligs - psoas - iliacus etc. shorten as
you turn upper waist to left or right
Loosen shoulder girdle -
set ribs into spine

Standing ex. - same + addition of standing
like a stork - balancing with one knee
flexed.

<u>feet</u>	Thick	Big Toe	line of balance	3rd Toe	
	"	"		4 th	"
	"	"		5 th	"

MOLECULE	CELL	BONY
BUILDING	BUILDING	BUILDING
UNITS	UNITS	UNITS
ARE	ARE	ARE
ACTIVE	ACTIVE	ACTIVE

(BALANCE)