

**WALK FOR LIFE**

**Principles / Suppositions / Observations**

The human body is the only machine that doesn't amortize, provided you use it

If prehistoric man weren't able to walk well he would not have survived, and we wouldn't be here today

Rhythm is easy to identify, and easy to correct

Walking is as good as your capacity to stand on one foot

What you do today will be easier to do tomorrow, and what you don't do today will be more difficult to do tomorrow

Breathing Ha + 3

Expanding ribs

Knees from side to side

Relaxation

1. Ankle in lying down	31. Atlas projects over heel
2. Head chest zigzag	32. Preparation diagonal poles
3. Scratching toes	33. Walking outdoors with poles
4. Throwing sand backwards	34. Intermediate: waving both poles forward backwards
5. Preparation for walk	35. Refreshing in bouncing on the heels
6. Outdoor free walk forward and backwards	36. Relaxation breathing from extremities
7. Neck self-treatment	37. Nostril breathing
8. Basic pattern of locomotion	38. Ribs around the steering
9. Elbows walking on knees	39. Roman Sandals
10. Creeping function	40. Wrap in defense of lumbar
11. One pole	41. Wrap in support of neck
12. Navigating the impact	42. Aligning the knee in the strip
13. Propulsion from the arm	43. Uphill and downhill walk
14. First approximation walk	44. Aligning the eyes
15. The lever of the Sphincters	45. Neck jaw interaction
16. Walking outdoors with poles	46. Fists dragging tissues
17. Intermediate: Pole straightens spine	47. Tailbone around the wheel
18. Relaxation deck of a boat	48. Straightening up from T6
19. Aligning legs	49. Pole in pairs
20. The Wrap	50. Interlacing elbows in pairs
21. Wrap as resistance	51. Tongue in the pallet, yawning
22. Strengthening the legs	52. Hand in hand in the strip
23. Skipping	53. Opening space in the hip joint
24. Chickens for equilibrium	54. Pelvis shoulder blades distance
25. South African demonstrations	55. Rhythms in Outdoor walk
26. Relaxation	56. Refreshing sight
27. 20% sinking knee	57. Relaxation in service of senses
28. Releasing the neck	58. Opening the space in the hip joint on elevation
29. Pelvis heel rotation	59. Elbows inside outside
30. Peg between the vertebrae	60. Reversing the sand clock