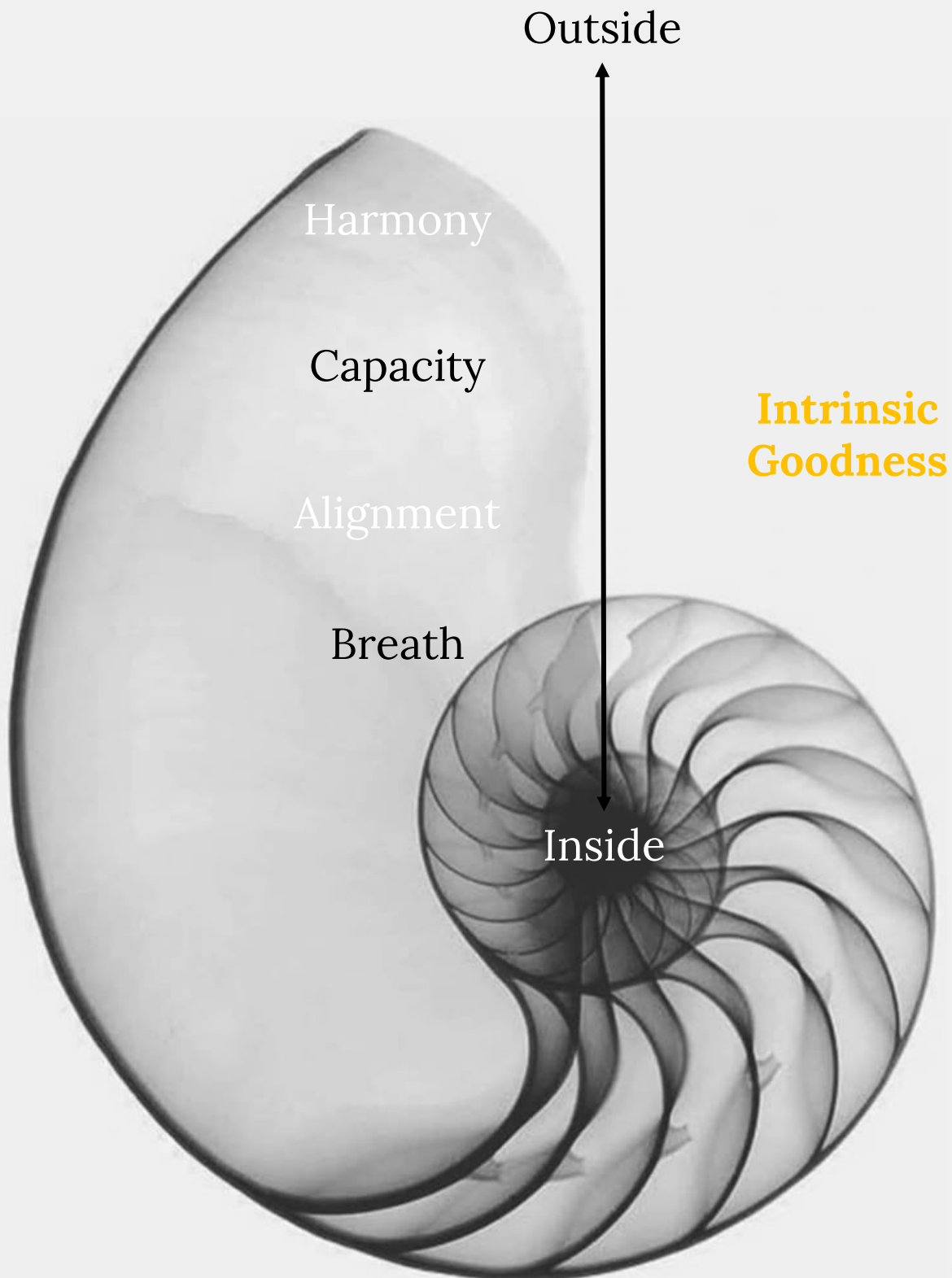


# Fundamental Principles of Movement

*One spiral, two sides, four dimensions*



# Intrinsic Goodness

the ability to feel good in the body

## Breath

the ability to consciously regulate intensity with rhythm, depth, and direction

## Alignment

the ability to efficiently organize posture in relation to gravity

## Capacity

the ability to shift between a variety of bodily positions with efficiency, strength, mobility, and endurance

## Harmony

the ability to attune movement to intent (internal input), and context (external input)

