

Let us discourage diminishing.

Replace what you can't do or don't want to do with other things – life will contain changes not less.

Do not diminish.

Everything depends on belief and attitude.

Consider your body the only Rollsroyce you will ever own.

Give yourself a year to make changes –  
the body does not like being rushed.

Always live in the total body – no part should be parasitical.

Recognition our relationship with gravity –  
up ward energy standing – relaxing down for release.

A healthy body is one that has good posture and alignment.

Head balanced on upper vertebra – face muscles relaxed

Back of neck long – face on the perpendicular

Shoulders relaxed down

Shoulder blades down and together

Heart and upper torso open

Abdomen muscles strong to support waist level vertebra

Back muscles relaxed and long – not short and tilting pelvis

Bum muscles relaxed and released

Leg alignment is knees under hip sockets – knees over feet

The full aligned standing body over the ankle joint.

When not up right, return fully up to good posture.

A system of muscular prowess is what keeps the skeleton upright – eliminates shrinking.

Muscular alertness in the muscles of the pelvic floor gives lift to the body and ease in the hip sockets and legs.

The refined sense of balance must be retained.

The structure of the moving body needs balance – equal weight in one direction with equal in the other.

Falling must be avoided at all cost.

Think tall and thin if you are or if you are not.

Floor exercises eliminate the need for balance

Chair exercises are beneficial and safer than standing ones.

Movement should be done relaxed within a comfort zone.

Avoid replacing one tension with another tension.

Tension out – mobility in.

Energy is in erg counts – experiment to find what is enough.

Too much energy creates tension.

The effect of breathing can be register in the total torso – each day do some breathing deep and well.

Do an activity that you enjoy.

Monitor your posture and alignment in standing and moving.

When walking, balance the head by looking at the horizon – the head can look down without the torso collapsing – no sagging – no pushing of the knees back.

Forget the expression “No Pain, no Gain” – it is a lie.

Pain damages.

No forcing, no expectations in advance, no judgment after.

Just be and do.

All this information has to do with human being – not men or women and I am glad to hear that more attention is being given to the health of men. We women do acknowledge the historical image of the warrior but, in the 21st century, we need you by our sides.

Elizabeth Langley, Professor Emeritus, Contemporary Dance.