

perspective(s) -- ... who am I, now, ... ☀ ...

- ... poetics of dance -- ... dissolution of the pose into the endless flow of life experience ...

retreat = rest & work ☀ SK -- dance



In **evolution**, **walking** made the difference between **humans** and the other animals that preceded us. Standing **upright**, looking at the **horizon**, and turning around to look at other **directions**, defined what we may call our human **perspective**. Move **forward**, backward or side-ways, **life** offers a **range of options**. Finding proper **balance**, using structural alignment, deploying gravity to reduce **effort**, walking is a natural **way** to enjoy the **flow of energy** in movement, and an efficient **aerobic / cardio-vascular work-out**, that may be intensified by a **transition** into a **running exercise**. Look, I sing my **song**, I want to be **happy**, I want to **fly**, I **like** to be **free**.

Walking **provides** a **convenient** way to **explore** the **world** around you, and to **connect** with locations and **people** in **space**, **bringing** you from **A** to **B** and **back**, requiring **minimal** means, while **giving** you the **time** to look around and **observe** the **scenes** that make up your **environment**, without the **burden** of **superfluous technology** that **requires** your **attention**. **Observe**, don't **judge**!

If **you** have the **courage** to go **barefeet**, keeping your **shoes** for the **moment** that **conformity** to **social conventions** or **weather conditions** is required, you may **feel** the **solid** ground under your **feet**, in **resonance** with the natural **force** of the **electromagnetic field** that **surrounds** us, in **short** you are **grounded**, as a temporary **relief** from your daily **worries** and **pain**, **uplifting** your **spirit** for a brief **moment**, leaving our **contemporary cage of luxury** behind **you**, as an **expression** of your **identity**, as **long** as it **lasts**, **walking**. In other **words**, **relax** and **walk** with **me**, **now**!

focus point(s) -- energy ☀ bubble spring

1. **posture** -- **structural alignment**
2. **column** -- **core muscle strength**
3. **balance** -- **gravity / reduce effort**
4. **listen** -- **flow / choice / diversity**
5. **motion(s)** -- **forward / eye / distance**

reference(s) -- ... ☀ ... embrace technology! ... ☀ ...

- Owen Anderson -- Running Science ☀
- Robert Chuckrow -- Tai Chi Walking: A Low-Impact Path to Better Health
- Danny Dreyer, Katherine Dreyer -- ChiRunning: A Revolutionary Approach to Effortless, Injury-Free Running [R]
- Danny Dreyer, Katherine Dreyer -- ChiWalking: Fitness Walking for Lifelong Health and Energy [R]
- John Grisham -- The Firm ☀
- Stephen King -- The Long Walk ☀
- Norman Mailer -- The Fight ☀
- Lynne McTaggart -- The Intention Experiment: Use Your Thoughts to Change the World ☀
- Elaine Scarry -- The Body in Pain: The Making and Unmaking of the World [RW] ☀
- Larry Shapiro -- Zen and the Art of Running: The Path to Making Peace with Your Pace ☀
- George Sheehan -- Running & Being: The Total Experience ☀
- Alan Sillitoe -- The Loneliness of the Long-Distance Runner [R] ☀

issue(s) -- ... utopia of energy ... ☀ ...

- ... gestural exchange ... -- ritual as an action that seeks the realization of its **purpose** through an exercise of form ...

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