Index of Processes for Segment 1

Pro	Process	
1.	Bones for Life Introduction:	1
	The program for stimulating bone strength	
	through natural movement and weight-bearing posture	
2.	Bouncing on the Heels:	4
2	Pulsations of pressure build strength	10
	Aligning the Neck: Spreading fingers	
	Wave Response: Counter-undulation of the curves	21
	Axis Response: Moving in one unit	34
	Levels of Pressure: 20% optimal force	46
7.	Stimulating the Roots of the Teeth:	55
Q	Jawbone determines tooth health Tapping Head / Chest / Kidneys: Pressure confirms alignment	61
	Aligning the Lumbar: Spreading fingers	75
	Tapping the Pelvis: Bridging the line of strength	83
11.	Hand Pushes a Wall Spiraling the Spine:	95
	Safe arch in elongation	
12.	Crossed Arms: Substitute bridges to the spinal curves	111
13.	Tantrum "No" Tantrum "Yes":	119
4.4	The joy of carefree body expression	100
	Fragmented Breathing: Paradoxical improvement	126
15.	Roman Sandals: The efficient focus of pressure in the foot	132
16.	Bicycle: Stabilizing the hip joint	147
17.	Red and Pink Visualization:	166
	Oxygen to the lungs, food for the bone	
18.	Inside / Outside Edges of the Feet: Lateral flexion near a wall	170
	Bouncing on the Heels in Rotation:	174
	Steering the spine from eyes or feet	
20.	Water Carrier's Walk #1: Chest / lower back interaction	182

21.	Aligning the Neck in Resistance:	
	Index finger between the teeth	206
22.	Aligning the Lumbar:	213
	Releasing the length of the back by shortening the front	
23.	Narrow Pelvis: Aligning the wheels	220
24.	Knee Bends a Knee: Spontaneous springiness	238
25.	Silken Scarf along a Roller:	248
	Synchronized proportional flexibility	
26.	The Function of Creeping:	260
	Sweeping the head from side to side	
27.	From Sitting to Standing: Consistent pace of spiraling	269
	Sitting Down on the Floor: Surrendering to gravity	
28.	Knot on the Wall: Weight-bearing posture from A to Z	285
29.	The Wrap: A loan of integration in sideways walking	296
30.	Jumping in the Wrap: "Ha+3" breathing	307



Movement Intelligence Program

Ruthy Alon

Index of Processes for Segment 2

Process	Page
31. Twisted Arms	1
Shifting the Differentiation to the Stiff Vertebrae of t	
32. Hand on Head / Hand on Wall	6
Connecting the Head to the Chain of the Posture	-
33. Ribs Around the Steering	12
From Rib Cage to Rib Basket	
34. The Hip Joint / Bow and Arrow	20
Asymmetry in the Height of the Sides	
35. The Function of Pulling	26
Strengthening By Controlled Resistance	
36. The Function of Horizontal Climbing	30
Reversing Proximal and Distal in Anti-Gravity Chall	enge
37. Stomach Lift	35
Revitalization	
38. Jaw	42
Releasing Tension by Integrating the Pelvis	-
39. Creeping: Head under the Elbow	46
Head Under the Elbow Loading the Skeleton from th	e Arm
40. Rocking in One Unit	53
Readjusting the Spine	
41. Distance Between Heels Determines Stability	56
Charlie Chaplin Vs. Parallel Feet	

42. Goat Skipping	61
The Challenge of Rhythmic Anti-Gravity Motion	
43. Functional Reflexology	63
Neurological Response: Heel / Lower Back	
44. Whipping a Fall into the Wall	70
The Power in the Wave	
45. Frontal Rising from Lying to Sitting	73
Strengthening the Back Vs. the Stomach	
46. Weights on Ankles	81
Upgrading Equilibrium	~-
47. Lifting Weights: Safety First	87
Padded Lumbar Leans on a Wall / Proportional Engagement	
of the Spine by the Trajectory of the Spiral	0.2
48. Handcuffs	93
Closed Cycle of Isometric Resistance	~=
49. Knee Straightens A Knee	97
Seesaw of Heel / Toes	102
50. Primal Swimming	102
Coordinating the Body with the Loop of the Leg	100
51. Water Carrier's Walk # 2	109
Coordinating Arm and Leg	114
52. Rumba in the Strip	114
Proportional Flexibility	110
53. Narrow / Wide Shoulder Blades	118
The Width Axis of the Posture	122
54. Hand on Hand in the Strip	122
Redesigning Uprightness	126
55. Step Up / Step Down	126
Proximal Mobilization	120
56. Combing the Hair	130
Passive Elongating of the Neck	135
57. Getting Up by Dragging	133
Airplane Vs. Helicopter	139
58. Running with Inclined Head	139
Continuity Determines Posture	142
59. Pillows in the Curves	142
Support Neutralizes Vulnerability	148
60. Ha+3 / Ha+4 Choir in Stamping	140
Rhythm Stimulates Dynamic Motion	



Movement Intelligence Program

Ruthy Alon

Index of Processes for Segment 3

Process	Page
61. Bouncing on Elevation	1
Maneuvering the Surface to Effect Comfort in the Lumbar / Kı	
62. Foot Steps over Thigh / Finger along the Nose	8
Securing Continuity of Axis	
63. Hip Joint Recoil	15
Increasing the Range of Step	
64. The Sphincters	20
The Integrative Network of the Anti-Gravity Lever	
65. Bagel or Two Knots	27
Shortcut to Upright Standing	
66. Bridge of the Foot	30
The Zero Balance of the Lumbar in the Foot	
67. Recovering Equilibrium	35
Gaining Stability by Risking It	
68. Water Carrier's Walk #3	41
Detachment of the Foot	
and the Economical Dynamics of Walking in Pendulum	
69. The Function of Creeping	49
Leg Pulls a Leg	
70. Bouncing on One Foot	54
Neurological Diplomacy	
71. Ankle in Kneeling	58
Reversing Roles of Center and Periphery	
72. Knee Relief	62
De-Programming Failure by Passive Mobilization	

73. Shoulder Blades High and Low	68
Front / Back Interplay	
74. Squatting	76
Synchronized Surrender to Gravity	
75. Tiger Walk	81
Crawling with Bending Elbows	
76. Sliding Pelvis from Side to Side	. 87
Bridging Pelvis, Spine, Head	
77. Rocking from Sitting to Lying	. 92
Preparation and Momentum Stages	
78. From Standing to Lying	96
Overcoming Fear of Falling	
79. Falling Down without Injury	102
Acquiring a Model of Safety	
80. Up and Down a Slope / Stairs	109
Adjusting Posture to Function	
81. Morning Towel	115
Self-Adjustment	
82. Reaching Knees	120
Releasing Length of Spine	
83. A Trunk of a Tree	125
Controlled Rotation around a Vertical Roller	
84. Heel to Ischium	130
Adjusting Spine to Accommodate Hip Joint	
85. Short Back / Long Back	136
Shortcut to Upright Posture	
86. Releasing the Lower Back	142
Variations on Knee Circles	at the first term of the first
87. Yawning	149
Recovering Homeostasis	
88. Reconciliation with Hope	152
The Renaissance Imagery	
89. Bones for Life Hug	154
Mutual Empowering	<i>→</i> =-
90. Jumping in a Circle	156
Collective Awareness	