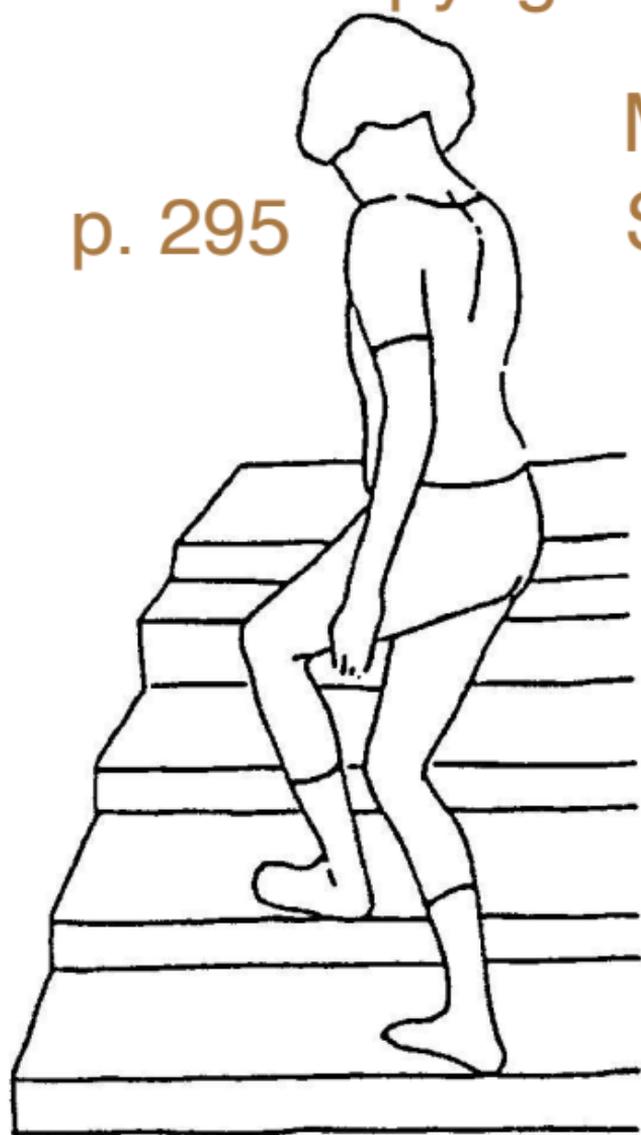


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Mindful
Spontaneity
by
Ruthy
Alon

***Going up and down steps
within rotation***

*When you respect every nuance
of well being, you allow the
comfort of your spine and not
the structure of the surroundings
to determine the design of your
movement.*