



### FINDING THE TRIPOD AND FOLLOWING A FIGURE EIGHT

- Notice the points under the ball of foot at the right big toe, your right little toe and your heel. Compare this to your left foot.
- Next, starting at the big toe point, subtly shift your weight over onto it, then onto your little toe side, then onto your right heel-
- Follow this along and shift your weight onto your foot, under the ball of your left big toe, onto your little toe, then to your left heel-
- Cross over to the right foot and start over and continue this figure eight
- As you do this simple movement, allow your body to do the whole movement, sensing part by part