

## Walking - 2 Crucial Aspects

1. Balance
2. Propulsion

When we do weight bearing at the end of a lesson, what point in the walking cycle do we mimic? How can we create the rest of the experience of walking, still in the safety of lying?

Our self image determines how we walk. We are generally not aware of our habits in movement, that includes how we walk. So when you report what do you see to your students, they may not be aware of what you are seeing. They may be surprised. They may not accept it. They may need to be shown visually, by your touch, or by your creating a situation in which they feel it themselves.