



Natural Motion: An Overview

Principles & mechanisms for breathing & movement

Forces

Gravity
(Centripetal Force)

Reciprocal Interaction

Antigravity
(Centrifugal Force)

Principles

Implosion
(Gravity-powered suction)

+

Regeneration
(Energy Recycling/Reuse)

=

Natural Movement
(Resistance-free motion)

Mechanisms

**Relaxation
Waves**

+

**Reciprocal
Rotation**

=

**Optimal Body
Displacement**

Techniques

**Relaxed
Weight Bearing**

**Active
Joint Motions**

**Controlled
Weight Transfer**