



# **The How of Intentional Movement**

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*We are designed to move....*

***However is movement enough. The Yogins believe not.***

***It's important to know the how and why of movement.***

Athletes move with specific intentions that meet their performance goals. For those of us that are not athletes, then what is our goal with movement. We know if we don't move a few things happen:

tighten

atrophy

experience mental/emotional challenges

## Reflection

Let's consider a few qualities  
we seek in our movement.

I desire my movement to be.....

- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_

Proprioception is part of your sensory system (6<sup>th</sup> sense). Works with signals your brain receives from proprio-receptors in the muscle, skin and joints. It encompasses three aspects, known as the 'ABC of proprioception' (Houghlum, 2001). These are:

***Agility*** is the capacity to control the direction of the body or body part during rapid movements.

***Balance*** is the ability to maintain equilibrium by keeping the line of gravity of the body within the body's base of support.

***Coordination*** is the smoothness of an activity.

# Proprioception

**The Brain** receives and interprets information from multiple inputs:

**Vestibular organs** in the inner ear send information about rotation, acceleration, and position.

**Eyes** send visual information.

**Stretch receptors** in skin, muscles & joints send information about the position of body parts.



Interoception is often called our 7<sup>th</sup> sensory system. Much of interoception is governed by low-threshold mechanoreceptors that are unmyelinated. The messages are slower and require more time to process. It supports us:

**To Assess** cues from our bodies (hungry, elimination, temperature, dis-ease)

**Self Regulation** ability to manage how we react to feelings and environment

**Sense of Self** it also plays a central role in our sense of presence, purpose and meaning.

Article for Reference:

<https://yogauonline.com/yoga-anatomy/proprioception-and-interoception-how-yoga-practice-supports-these-essential-skills>

# Dancing with

PROPRIOCEPTION  
THE 6TH SENSE



judge distance

move without looking

move fluidly

avoid bumping into stuff

use the appropriate force

THE BODY'S ABILITY TO SENSE ITSELF IN SPACE

INTEROCEPTION  
THE 7TH SENSE



feel how deep the breath is

feel heart rate

feel if need to pee

feel hunger & fullness

feel muscle tension

THE BODY'S ABILITY TO SENSE ITSELF FROM INSIDE

# the 6<sup>th</sup> & 7<sup>th</sup> Senses

# Three Essential Categories of Movements

Asymmetric

Bilateral Movement

Balance





# Why Breath Awareness within the Movement is Paramount

Breathing is a process of balancing our oxygen and carbon dioxide levels. The Medulla (brain stem) is continuously assessing this and sending signals to make changes in the respiratory system. The Limbic System also plays a vital role in pain/emotional and breath changes (think anxiety and hyperventilation link).

## Yoga Theory:

*Fast/unsettled breath, fast/unsettled movement  
leads to a fast/unsettled mind*

*Smooth/unhurried breath, smooth/unhurried movement  
leads to a smooth/unhurried mind*

The art of yoga lays in the teaching of learning to move intentionally.

### **Asymmetric Practice**

*Your whole self works with ultradian rhythms (oscillating R/L)*

Practice: Left Side Activation/Right Side Activation

### **Bilateral Movement**

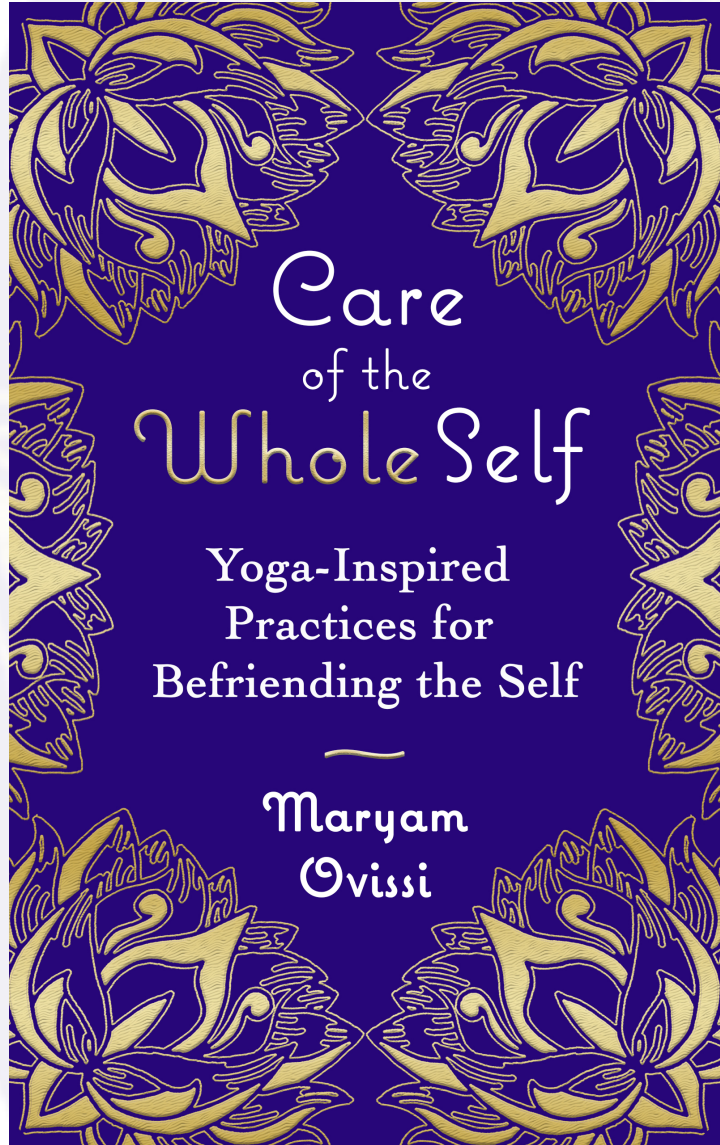
Practice: Table Series ~ Warrior 1 Series

### **Balance**

Practice: Flow less ~ Holding balance postures longer

*Move intentionally*  
*Free yourself internally*  
*Participate joyfully with the world*





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to support you in caring for your whole self!

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