

The Five Relations

The Fifth Relation

*Let the neck be free,
To let the head go forward and up,
To let the back lengthen and widen
All together, one after the other.*

The Fourth Relation
Elbows Out and Away

The First Relation
Counterbalance of
Torso and Legs

The Third Relation
Breathing Coordination

The Second Relation
Counterbalance of
Head and Pelvis

