

Deep Hips Greater and Lesser Trochanters*

"When I was young, I had to choose between the life of being and the life of doing. And I leapt at the latter like a trout to a fly. But each deed you do, each act, binds you to itself and to its consequences, and makes you act again and yet again. Then very seldom do you come upon a space . . . between act and act, when you may stop and simply be. Or wonder who, after all, you are."

The Archmage in *The Farthest Shore* Book III of
the Earthsea trilogy -- Ursula LeGuin

All of our yogic principles are still upmost and underpinnings to any particular focus of our work/practice:

- Release Tension and Allow Your Creative Energy to Flow
- Breath, Chakras, Flow, Presence
- Everything is one thing, Pure Consciousness
- There are 4 parts to the breath & remember to focus on the Spaces Between the Inhale and Exhale

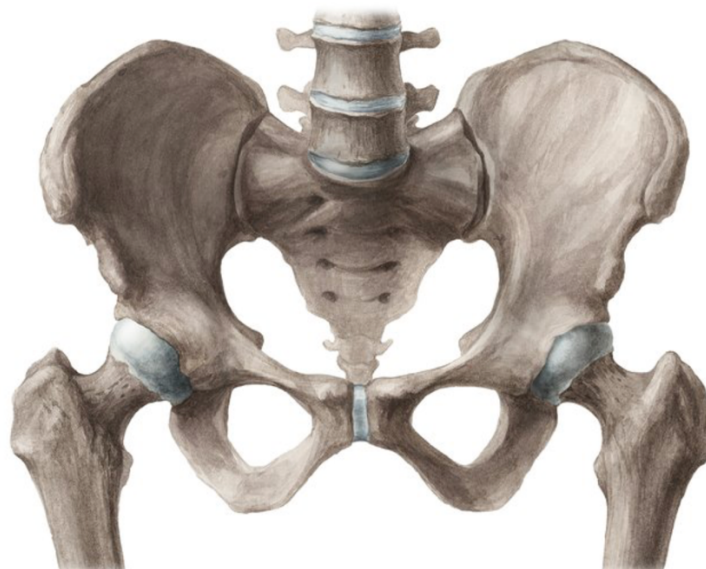
Vocabulary:

Femur

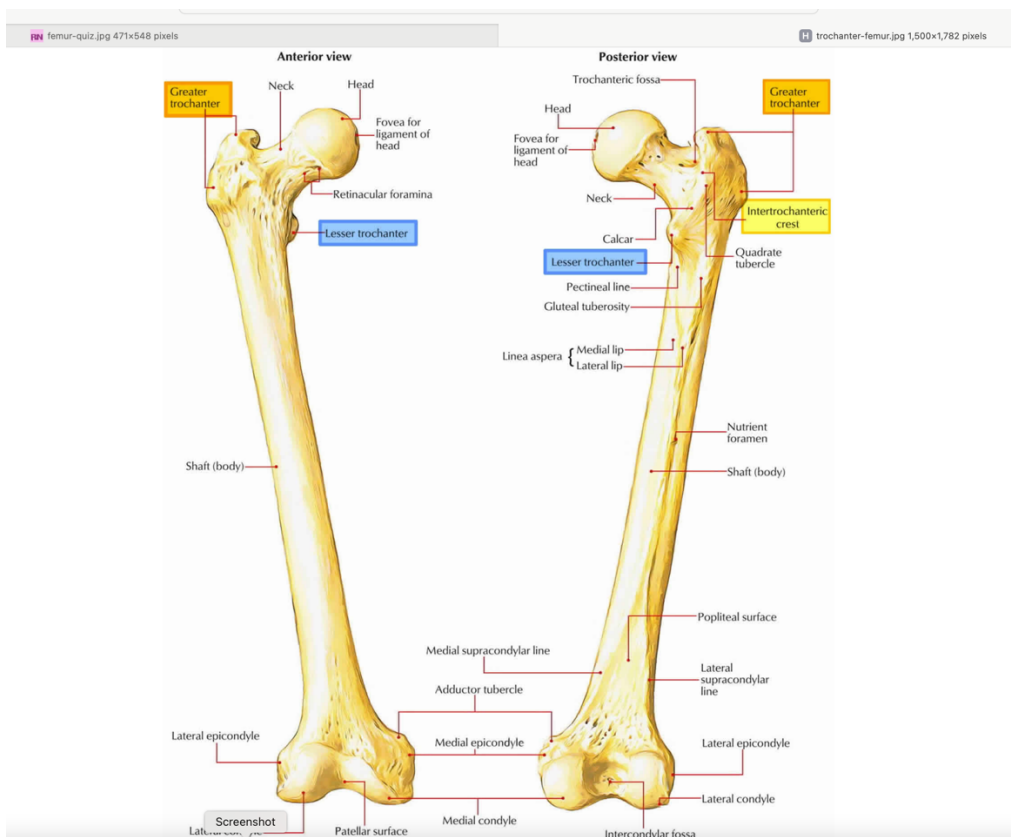
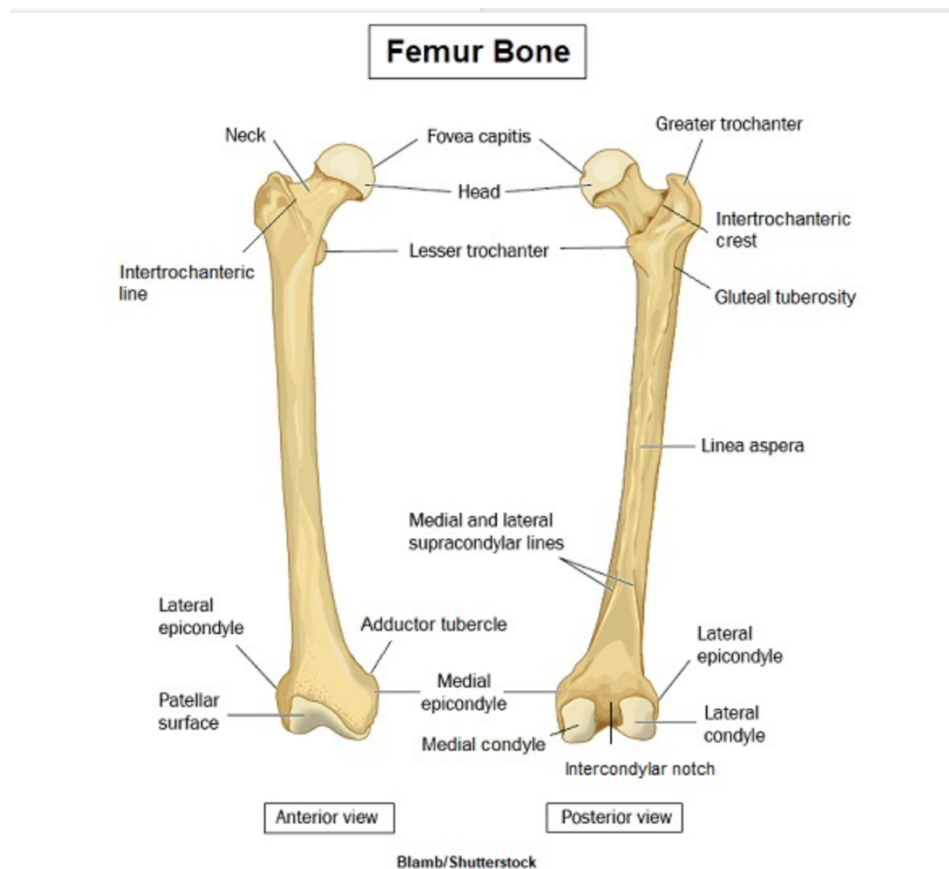
- Head
- Neck
- Greater Trochanter
- Lesser Trochanter
- Sleeves – Inner, Outer, Front & Back

Pelvis

- Iliac Crest/Ilium
- Sacrum
- Sacroiliac Joint
- Acetabulum



*Thank you to Todd Jackson for inspiring this focus. For a more in-depth study and practice of the felt sense and anatomy of the greater and lesser trochanters, go to toddjackson.com



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