

Walking: Nature's Perfect Exercise

Table of Contents

THE FIRST STEP.....Allow the Front of You to Lengthen	1
SECOND STEP.....Walk Smarter, Not Harder	13
THIRD STEP.....Fully Use Your Footprints	23
FOURTH STEP.....Allow Your Knees to be Supported by Your Feet	33
FIFTH STEP.....Allow your Pelvis to Help you Walk	45
SIXTH STEP.....Allow your Upper Body to Help you Walk	59
SEVENTH STEP.....Walk With Full Awareness	75
EIGHTH STEP.....Walking As Exercise	83
About the author and the Feldenkrais Method® of Somatic Education	115
Subject Index	116
Exercise Index	117