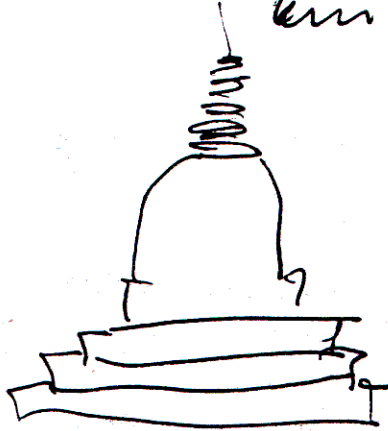
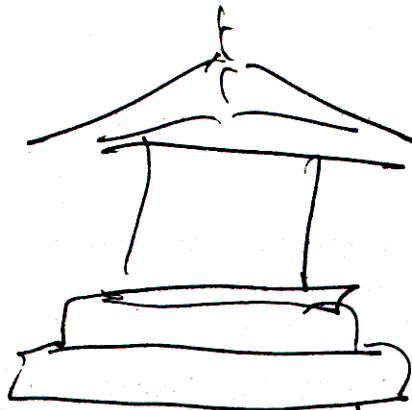


Full Bends / Bows from Waist

unique - NOT in Canyon w.



LADAKH



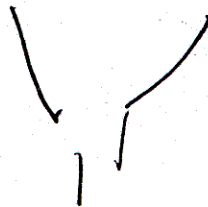
BHUTAN

Spiral

waist bends  
↳ straight pack



VORTEX



FUNNEL

Use of Spine as a Unit / Limb

aka Horton Technique

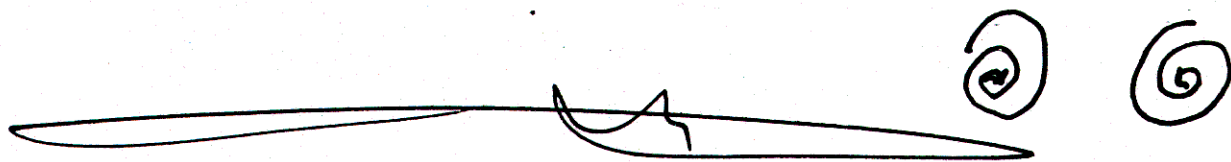
Can't affect an internal spiral  
ARM bend at the Waist

+

Squeezing Tube of Toothpaste (CHEN)  
is not

Twirling a Spatula (Britten  
Twist @  
Waist)

Twist is not a spiral



ala Ted Shawn - technical news  
appropriate to  
desired effect

Large Movement of Waist Bend  
for large Courtyard  
Visible Structure & Strength  
// architecture Dzong.  
STON TWISTS.