

# How It Feels To Be A Structure

*Application of Architectural Concepts*

## Position

## Where do you feel it?

### Sitting down:

1. Press fingers together with lower arms against each other.

Hands and upper arms



2. Make a fist with thumbs up and press hands together with lower arms against each other.

Stronger pressure in hands and upper arms



3. Press fingers and thumbs together with hands spread out and lower arms together.

Stronger in fingers and upper arms



4. Press fingers and thumbs together with arms spread out forming triangles.

Stronger pressure in hands and arms



### Standing up:

5. Do the same exercises, one after the other, while standing up. Note the differences in the feelings in the hands and arms and what other parts of the body are experiencing. Structures work together!



6. Stand up straight, with arms at sides and make yourself feel HEAVY on the floor.



7. Stand with legs apart. Where do you feel the pressure now? How do you feel in relation to the floor?

8. Stand with legs apart and put hands on hips. How has the pressure changed? How many triangles has your body formed? (Three).

9. If a 150 pound dog was excited to see you and was about to jump on you, what position would you take? Why?

