



# Deep Roots: *Unraveling the Legs*

with *Sean Tebor*

The legs are a natural extension of our core stability and awareness. Too often the legs are taken for granted, and we lose the integration of the lower limb with the pelvis and upper body. When we stand, the legs must take up the role of support and mobility, while when we sit the legs must be able to get out of the way so we can be grounded through the pelvis and spine with a sense of ease and unhindered breath.

Understanding the dynamic double rotational helix in the legs and pelvis, and how the legs interface with the hips and trunk can be daunting. Balancing the leg lines yields intelligent flow from the core in the deep belly, through the hips and knees, to the soles of the feet and back again, reflecting the quality of our physical and energetic connection with the Earth.

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