

### skull loop

starts at upper palate, moves back through base of skull, up over top of head, and back to upper palate

lift chin, release jaw, soft palate is center of head

### shoulder loop

starts in upper palate, draws shoulderblades in towards heart, moves forward and up to lift chest and open throat

pull shoulders down the back away from ears, then forward to xyphoid process, both clavicles and scapula are open

### kidney loop

starts in core abs, draws back and up through kidneys, moves up toward heart, the back and down xyphoid process to belly

"connect heart center"  
draw two halves of ribcage together and into body

### pelvic loop

starts in core abs, moves down lumbar/sacrum, forward through coxxyx, lifts ASIS

pull pubic bone up to navel without pushing pelvis forward, pull navel inward

### thigh loop

brings top of thighbones back, shins forward, and muscular lift of thighs

pull kneecap up, micro-hinge in hip socket without tilt in pelvis

### shin loop

takes base of shinbone back, lifts calves, moves top of shinbone forward

micro-bend in knees  
"hug" calves to bones

### ankle loop

creates lift in arches and top of feet

lift, then spread and lower toes, pull balls of feet towards heels

