





# Foundation Awareness Exercise

Spacing - Movement - Perception

1

2

3

4  
7  
9  
10

..... Check Distance - Move - Find Horizon

..... Where is my hand

..... Space Is Size - Size Is Space

..... Check & Recheck Spacing - Move - Find Horizon

..... Get there sooner

..... Watch for small Changes - Less can be More

..... Check Distance - Listen - Release

..... by going more slowly

..... Soft ZZZ Down - Up - Down