





Foundation Awareness Exercise

Spacing · Movement · Perception

1

2

3

4

..... 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