



Hi, it's Jonathan FitzGordon again, thanks so much for the feedback on my earlier video.

CORE *Walking*

I'm enjoying all of your comments  
and appreciate your taking the time  
to share your thoughts.

CORE *Walking*

We have received great feedback  
and I want you to know that  
your comments and suggestions  
make my work so much better.

CORE *Walking*

I want to share with you one of the easiest ways that you can help yourself, your students and your clients age gracefully.

CORE *Walking*

Whatever else I am concerned about,  
aging gracefully is up at the top of the  
list.

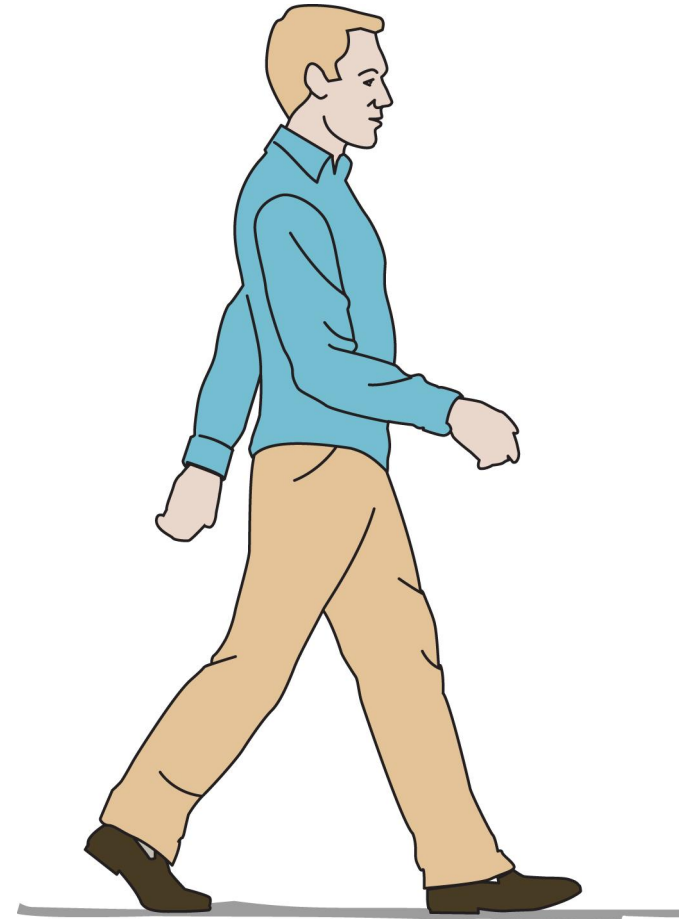
CORE *Walking*

Having watched both of my parents fall apart physically in their 70's, I am hyper focused on getting to the finish line on two feet and with some energy.

CORE *Walking*



When I started the  
CoreWalking  
Program over ten  
years ago...



CORE*Walking*



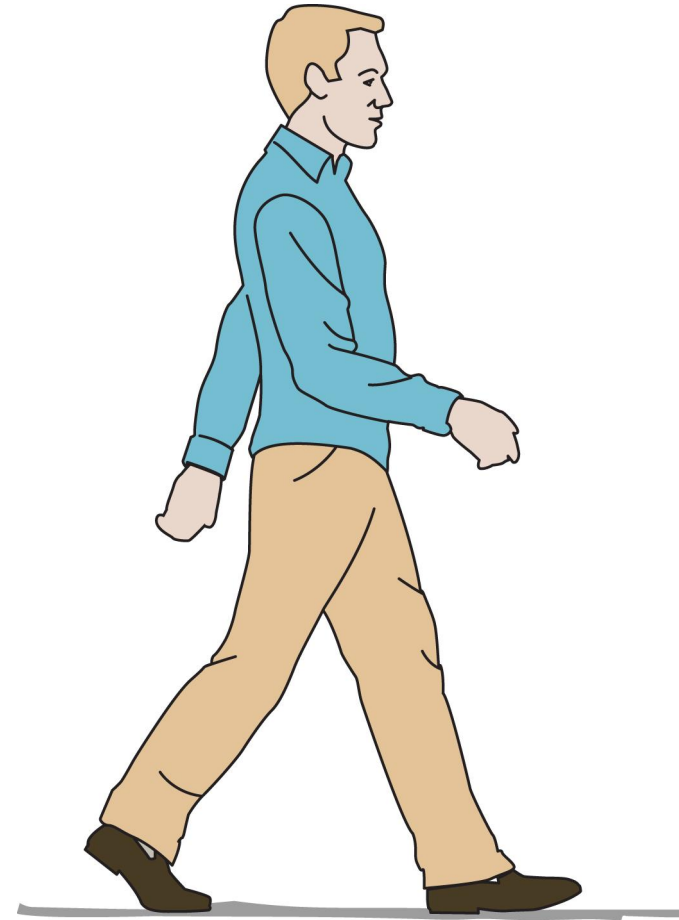
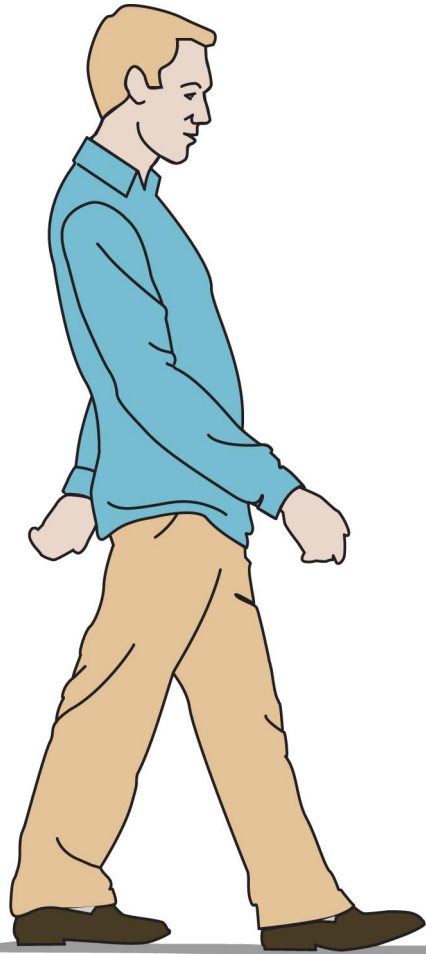
I barely had an inkling  
how powerful  
changing your  
standing and walking  
patterns could be.



CORE *Walking*

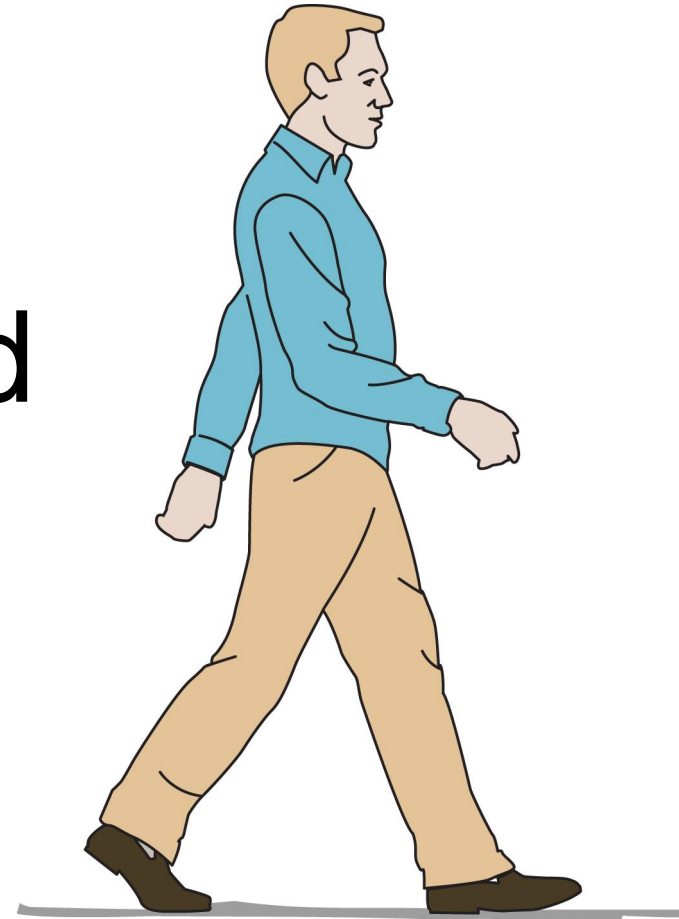
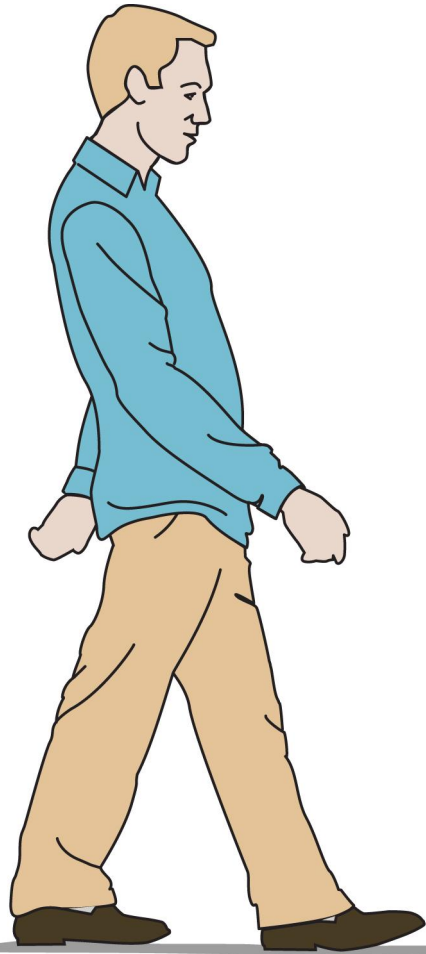


But after working  
with thousands of  
clients and training  
an untold number of  
yoga teachers...



CORE *Walking*

I know that I have  
tapped into a method  
for pain relief that is  
simple and long  
lasting.



CORE *Walking*

It requires an honest appraisal of how your mind and body work together to formulate the patterns that carry you through life.

CORE *Walking*



In the first video of this series I covered the basic nature of posture and what it means to stand up straight.

CORE *Walking*

In this video I want to talk  
briefly about another of life's  
fundamental actions...

CORE *Walking*

That is inhibited by the patterns that we think constitute good posture.

CORE *Walking*



# Breathing

CORE *Walking*

**Breathing,**  
like standing and walking,  
is another of these unconscious  
actions that people don't think too  
much about...

CORE *Walking*

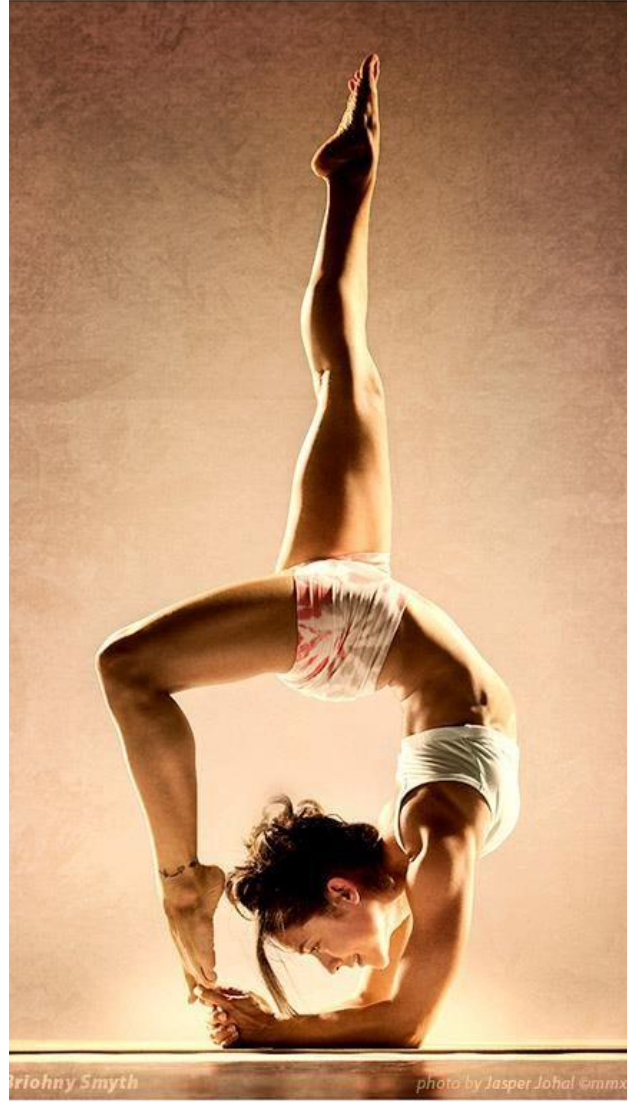


And rarely consider the breath as something to improve upon.

CORE *Walking*

Of course this doesn't go for  
everyone...

CORE *Walking*



CORE *Walking*

Pay a great deal of attention to their  
breath to facilitate their practice.

CORE *Walking*

I have found time and time again  
that a person who has cultivated  
their breath to enhance their skill  
set...

CORE *Walking*

Fails to apply that deep knowledge to  
their daily life and routines.

CORE *Walking*

I have had sessions with  
voice teachers, dancers,  
tennis players...you name it.

CORE *Walking*

If I ask them to assume the  
position of their profession  
they breathe beautifully...

CORE *Walking*

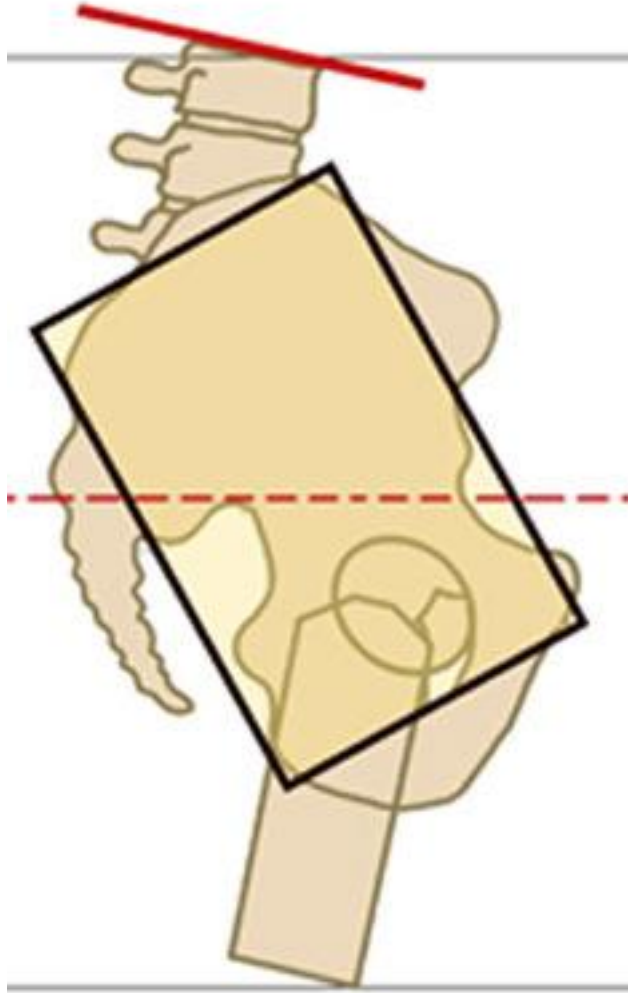


But when I ask them to stand up straight their breathing capacity decreases.

CORE *Walking*

For whatever reason I have a lot of opinions about the way we stand and walk that are contrary to many commonly held beliefs.

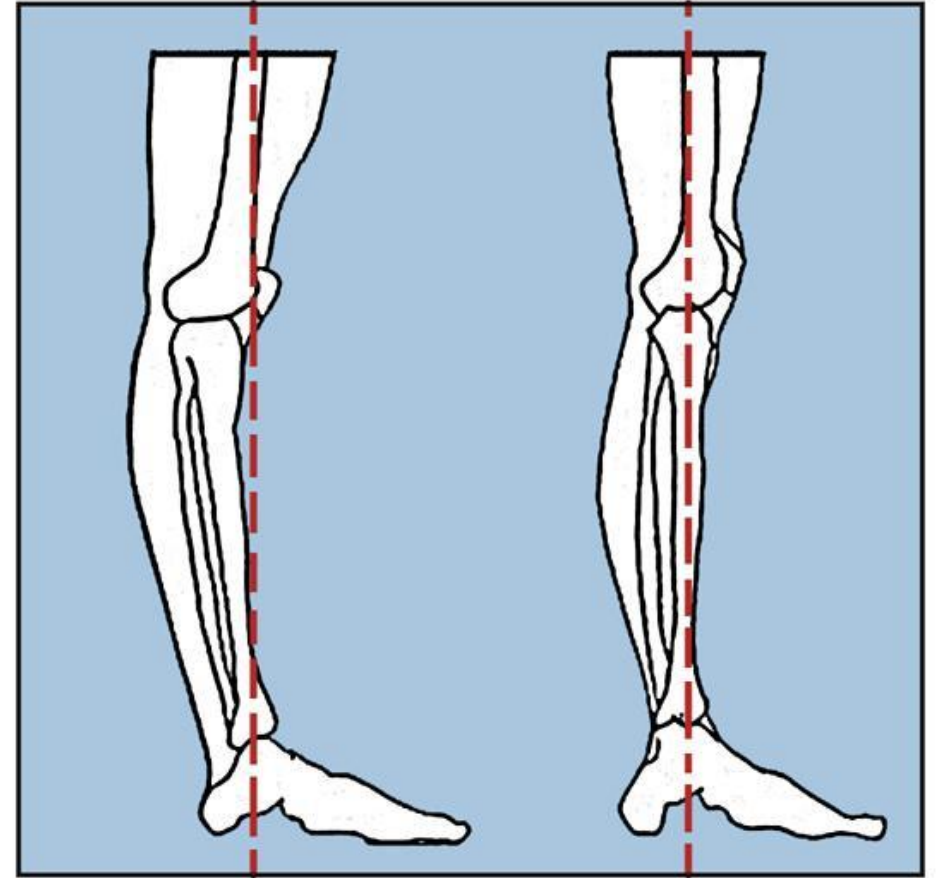
CORE *Walking*



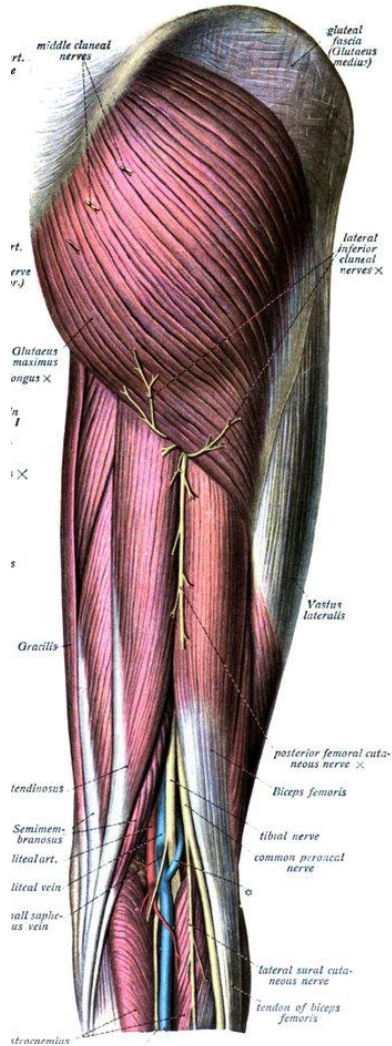
I don't think we should be tucking our pelvises under habitually.

CORE *Walking*

I don't think we should  
be hyperextending our  
knees.



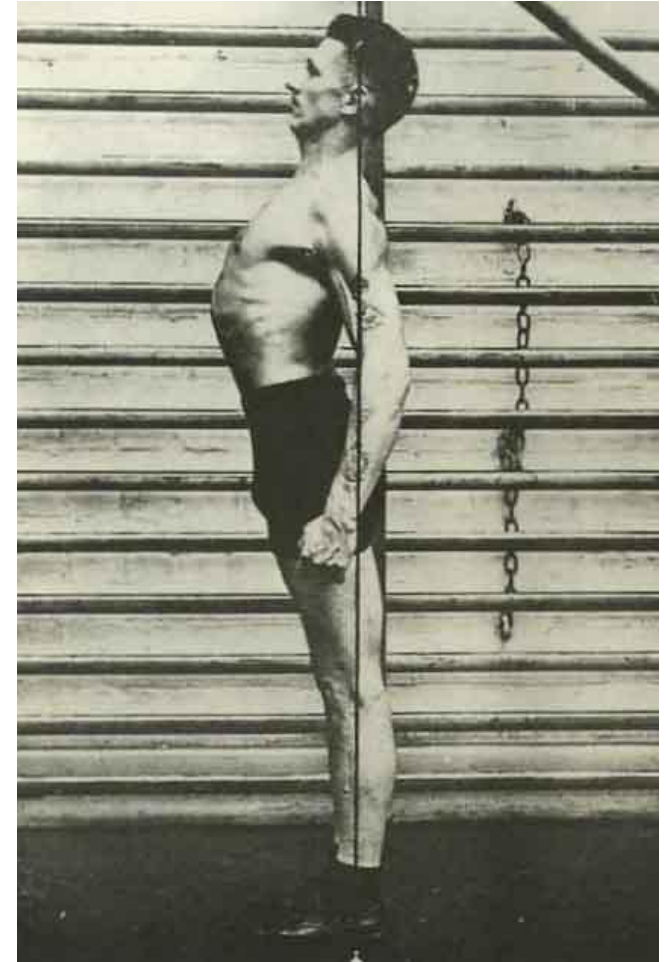
CORE *Walking*



I do think we should relax our big butt muscles, gluteus maximus, as often as we can.

CORE *Walking*

And I don't think we should be following the time honored instructions of lifting our chests or pulling the shoulders back.



CORE *Walking*

I make sure to tell my students that what they feel is much more likely to change their body than what they hear.

CORE *Walking*

My words might be  
accurate but if they put those  
words into action and feel that  
action, then the magic happens.

CORE *Walking*



I want to do an exercise so you  
can feel exactly what I mean  
about breathing and I can't repeat  
too often that — feeling is believing.

CORE *Walking*

Stand up if you have the room  
but you can do this sitting as well.

CORE *Walking*

Stand or sit up straight.  
You can do tadasana if you have  
a yoga practice. Give it your best.

CORE *Walking*

Feel your breath.  
Taking a few relaxed inhales  
and exhailes try and feel where  
your breath goes.

CORE *Walking*

I am projecting here because I can't see you but I have done this in enough privates, workshops and classes to know...

CORE *Walking*

Most likely your breath is in the chest  
and the chest rises at the front  
exclusively on the inhale.

CORE *Walking*

Take a few breaths to feel this.  
I could be wrong but over the  
course of weeks and months I  
look at a lot of breathing bodies.

CORE *Walking*

Now I am going to ask you  
to indulge me a little bit and  
stand the way I want you to stand.

CORE *Walking*



Remember my do's and don'ts from earlier? Let's return to them to set up the next phase of the exercise.

CORE *Walking*



Untuck your pelvis.

CORE *Walking*



Untuck your pelvis.  
(Stick your butt out  
oh-so-slightly)

CORE *Walking*



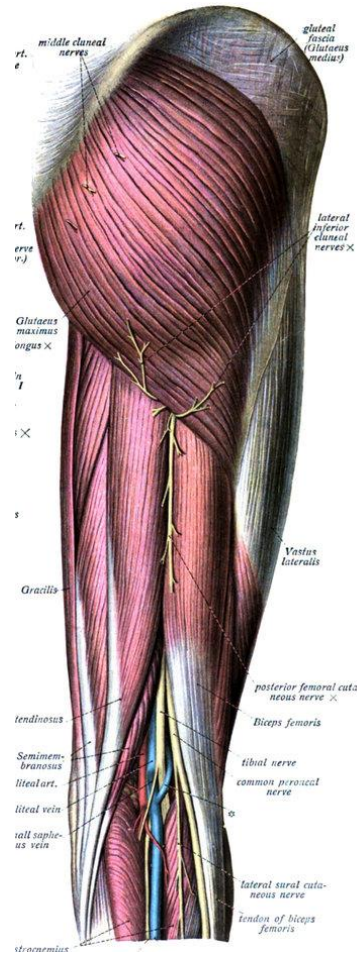
Don't hyperextend  
your knees.

CORE *Walking*



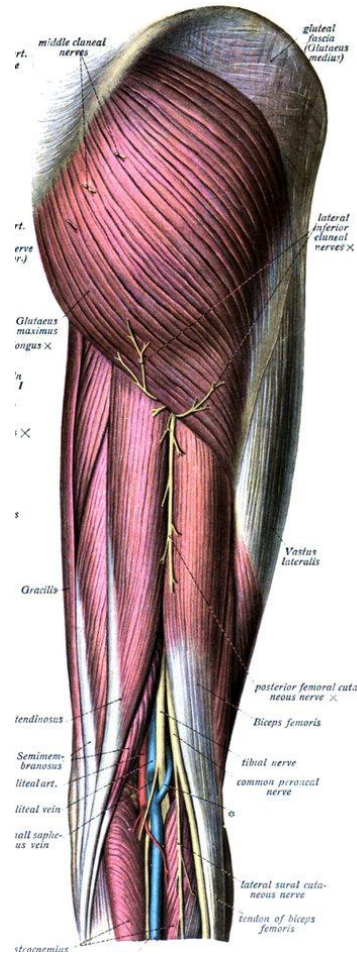
Don't hyperextend  
your knees.  
(But don't bend  
them either)

CORE *Walking*



Relax your butt.

CORE *Walking*



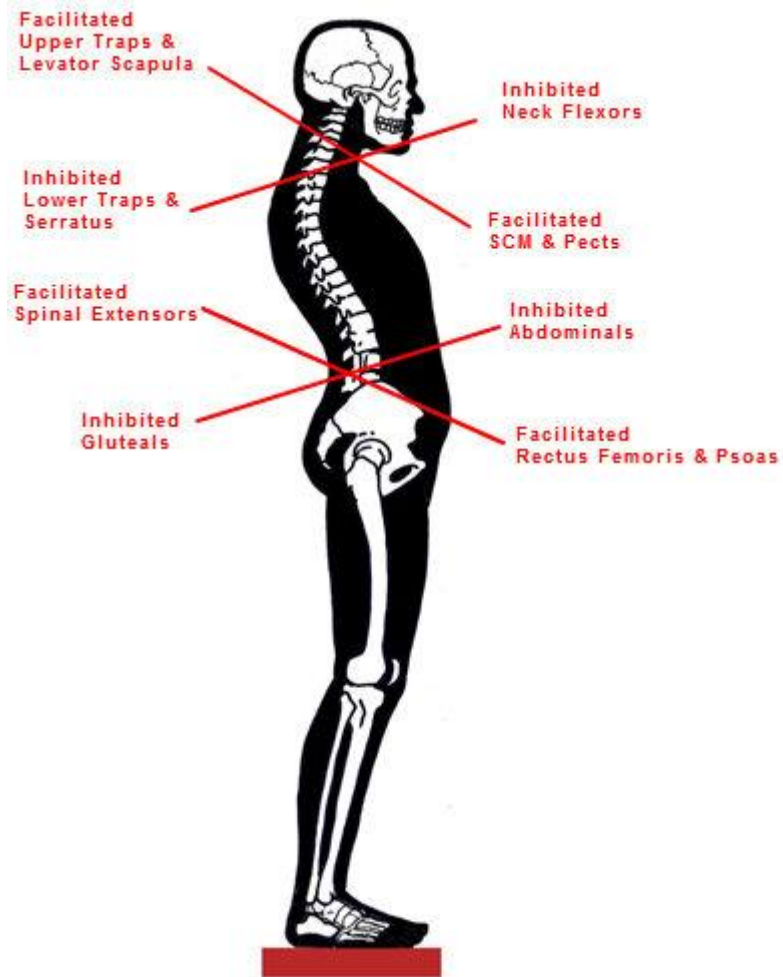
Relax your butt.  
(Just let it go)

CORE *Walking*

Now for the upper body—

CORE *Walking*





[www.corewalking.com](http://www.corewalking.com)

I think that the front of your ribcage is slightly elevated and the back of the ribcage is pulled slightly down at the back.

CORE *Walking*



What I want you to do is try and bring the rib cage more level to the floor by lowering the front ribs down a little.

CORE *Walking*



What I want you to do is try and bring the rib cage more level to the floor by lowering the front ribs down a little.

CORE *Walking*

Or you can do it by spreading the middle of the back to allow the front ribs to lower.

You might feel that your arms are hanging more freely in their sockets.  
If so, you are in the right place.

CORE *Walking*

# Breathe

CORE *Walking*

I don't really care about  
good or bad but feel your  
breath and does it feel different?

CORE *Walking*

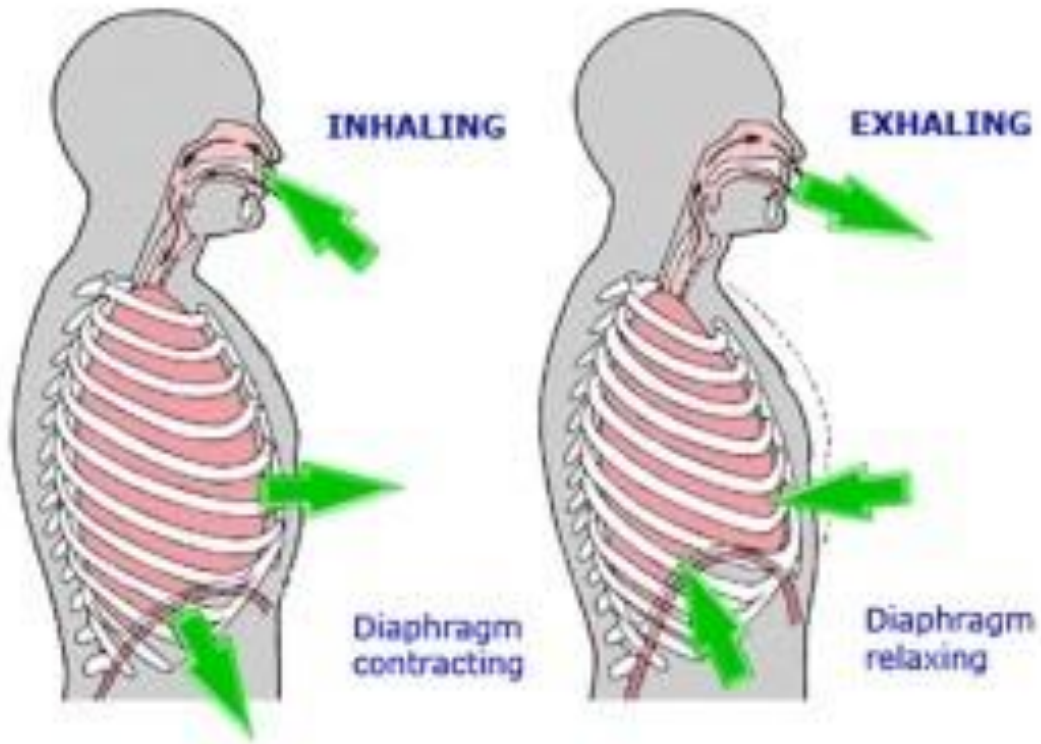
What I hope has happened is the  
breath drops a little and fills more of  
the trunk.

CORE *Walking*



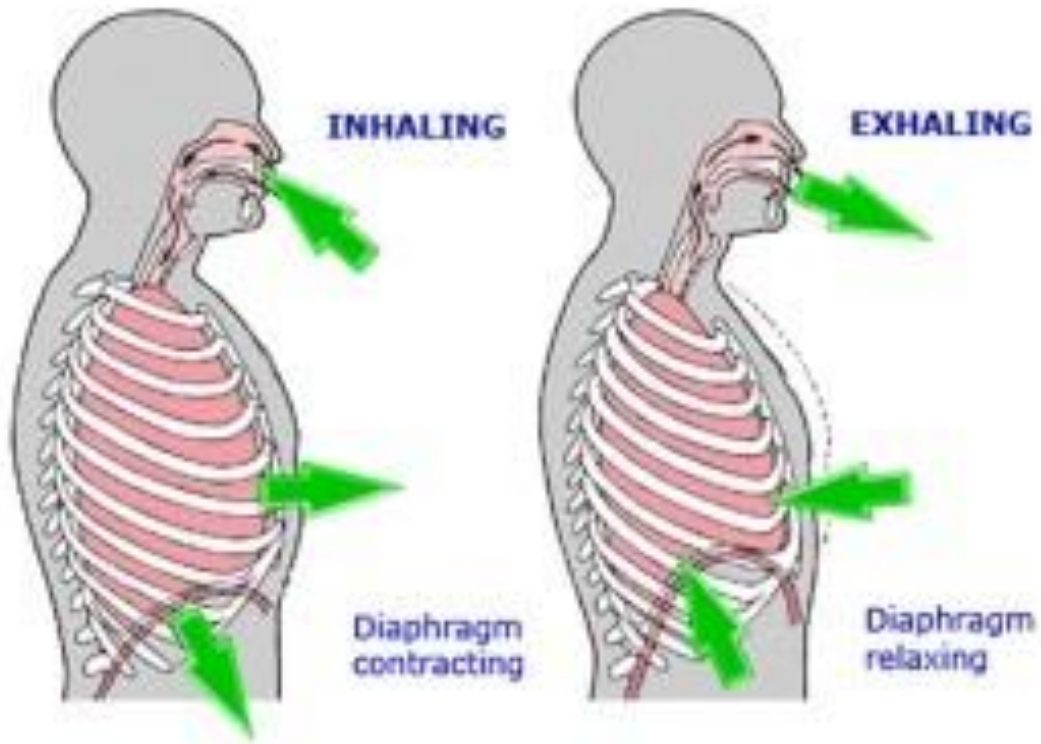
It doesn't mean that the chest  
doesn't rise because it does but other  
things can and should happen as  
well.

CORE *Walking*



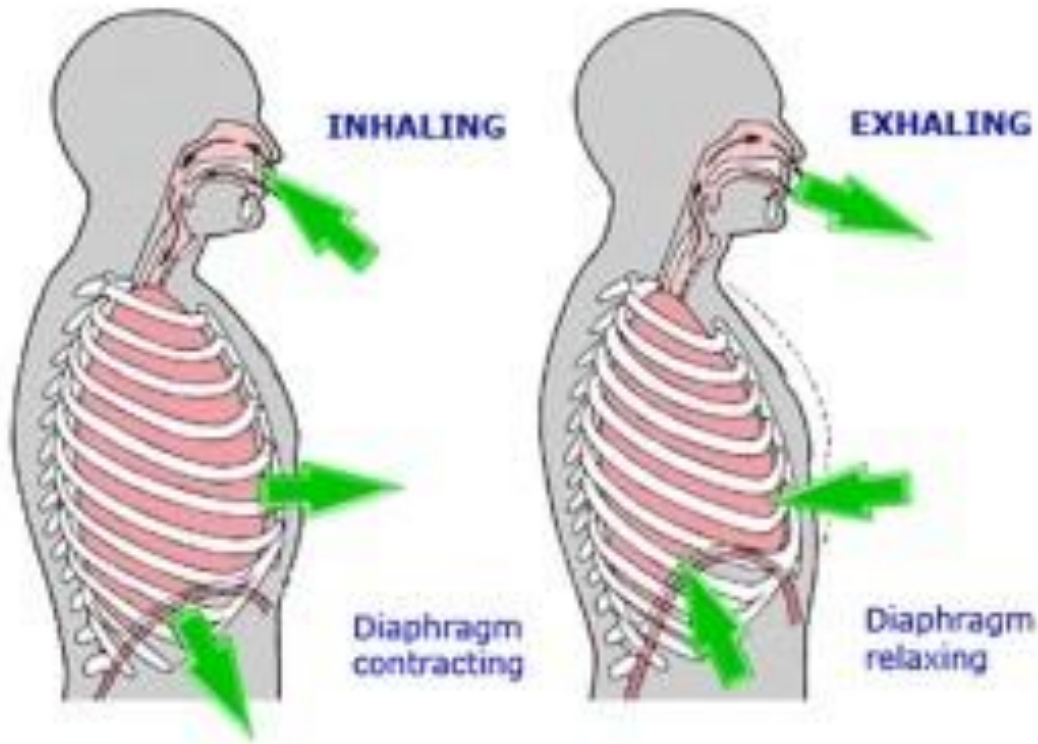
You could feel your  
breath in the back.

CORE *Walking*



You can feel your ribs expand out as well as up.

CORE *Walking*



You can feel the belly distend the tiniest bit as the diaphragm descends and pushes the abdominal contents forward.

CORE *Walking*

You might feel all  
or one of these things.

CORE *Walking*



Now go back to what I call old you.

CORE *Walking*

What happened to the breath?

Did it go up?

Did it become shallower?

Go back to the  
#whatmightfeeladmittedlyodd  
place that I asked you to go.

CORE *Walking*



Again forget about right or wrong.  
You are fighting many years of  
conditioned patterns in this moment.

CORE *Walking*



Just feel the difference.



CORE *Walking*



When you drop the  
ribs  
(while untucking the  
pelvis) you hopefully  
feel a fuller  
more whole bodied  
breath.





Go back to old you.  
Feel the pain. The  
breath goes up and  
basically  
gets stuck in the chest.

CORE *Walking*

Drop into new you.



CORE *Walking*



How does it feel?

CORE *Walking*

Changing conditioned patterns  
is hard.

CORE *Walking*

It is not in our instinct to change our unconscious behaviors, let alone our conscious ones.

CORE *Walking*



To change takes patience  
and incentive and very  
often it takes figuring out  
the best way for you to learn.

CORE *Walking*

To me, what you want to learn is how  
to age gracefully in the body that  
you've got.

CORE *Walking*

How to heal from injuries with expedience, because if you live a full and active life it is unlikely that you won't get some nicks and scrapes along the way.

If you learn how to improve your posture, learn how to improve your breath, and learn more about the extraordinary design of the human body, healing and aging successfully become a natural part of living..

CORE *Walking*

I hope you are able to get some insight into my approach to helping people with dealing with pain relief issues.

CORE *Walking*

Changing your conditioned patterns  
whether it comes to posture,  
breathing, walking or anything else is  
essential.

CORE *Walking*

In a couple of days you'll get another  
video from me.

CORE *Walking*

In that video I will address another  
fundamental aspect of life that is  
directly influenced by your anatomy:

CORE *Walking*



Exercise.

CORE *Walking*

Every single exercise we do is meant to target a specific muscle but it doesn't always work that way.

CORE *Walking*

And I'll tell you more about my anatomy program that I mentioned.

CORE *Walking*

I'll tell you about how you can learn  
with and from me in a deep and  
personal way.

CORE *Walking*

Thanks so much again for listening.

CORE *Walking*

I'd love it if you could do me a favor  
and leave a comment or question  
below, on the blog, or on our  
facebook page.

CORE *Walking*

And stay tuned for the next video.

CORE *Walking*