







Pattern	Functional Concepts	Images /Expressive Possibilities
Breath 	Cellular and lung respiration, ease in movement, support in full body shaping (Shape Flow Support), Grounding, Mobility, Stability, Rhythm, etc.	Ocean waves, Feeling “at one” with one’s self, empathy, soft, fluid, oneness, taking care of self, “good enough as I am,” etc.
Core-Distal 	Core Support, Connecting all limbs to core, Clarity in limbs, Connecting from core out to space, whole body connectivity, Sets up Kinetic Chains, etc.	Star or jelly fish, Nourishing core, core beliefs, extension of self into world, relationship of me to other, supported to my very edges, etc.
Head-Tail 	Dynamic Alignment, spinal articulation, level changes, posture, Vertical Throughness, etc.	Playful, not rigid, flexible, exploring possibilities, lively sense of self, snake or fish-like, etc.
Upper-Lower 	Weight propulsion, Yield & Push to Reach & Pull, Grounding, access to space, locomotion in lower, connecting to the world with upper, Humeral-Scapular Rhythm, Femoral-Pelvic Rhythm, etc.	Hard work, endurance, relationship between earth and heaven, getting behind one’s weight, achieving goals, interacting with the world, etc.
Body-Half 	Homolateral movement, brain development, mobility/stability, strengthens spine, supports turns and barrel rolls, ect.	Lizard/camel like, Either or, “one the one hand,” Sensing the supporting side of mobility, robotic, zombie-like, militaristic, simple, clarifying, etc.
Cross-Lateral 	Makes 3D, rotary movement possible, spirals, diagonals through torso, most complex of all the patterns, etc.	Salsa or Latin dancing, Carving through the space, radiating into Diagonals, spiraling down, full movement potential realized, triumphant, etc.