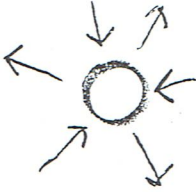


## DEVELOPMENTAL PATTERNS

CELLULAR BREATHING--The Movement of Internal Respiration. The cell moves equally in all directions through contraction and expansion as it takes in oxygen and releases carbon dioxide. Our cells react to internal and external stimulus such as temperature, touch, light and vibration. Cells communicate with each other to form communities. These communities make up the different tissues and functions of the body. The more our cells can be "self aware", the more aliveness and feedback they are capable of. Areas of our body that are "frozen" or unknown can become known through cellular breathing. (Examples: egg and sperm, one celled animals like the Amoeba)



NAVEL RADIATION--Refers to the six limbs radiating out from the center (the navel) and integrating back into the center. The pattern establishes the equality of all six limbs as supporters and initiators of movement. (Examples: the fetus in utero attached at the umbilical cord, star fish)



MOUTHING AND PRE-SPINAL--From Navel Radiation the head (or mouth) begins to predominate and lead the spine in order to obtain nourishment. This relates to birthing and nursing and the transition from fetus to newborn.



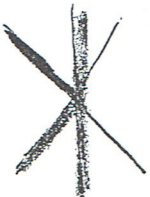
SPINAL--Sequential movement of the spine head to tail. This helps us to differentiate front from back, establishes our vertical axis and develops the "mind" of attention. (Examples: fetus, birthing, and newborn, and a fish).



HOMOLOGOUS--Differentiates upper and lower halves of the body through simultaneous flexion or extension of both arms and or legs together. Develops the mind of intention and underlies qualities of power and direct immediate action. (Examples: Infant, birth to five months, rocking and lifting head, Frog)



HOMOLATERAL--Separates right and left halves of the body. Movement of the limbs in which the arm and leg on the same side are flexing or extending together. Represents the foundation of how we reach out toward our goals (objects, people, ideas). It unites our attention with the force of intention. (Example: Infant from 5 to 8 months crawling or reaching on belly, reptiles, alligator)



CONTRALATERAL--Movement of the limbs in which the opposite arm and leg are flexing or extending together. The limbs cross the mid-line of the body and help to integrate the two halves of the brain. This pattern underlies the integration of complex ideas and "thinking" as we know it. (Examples: Infant from 7 to 11 months learning to creep on all fours, mammals, monkey, human).

