

Making Sense - Hips and Feet Lined Up

Why Sense Making? I strongly believe that 'sense making' is important to learning. When you make sense of something, you can then use it creatively, grow and expand. If you don't make sense of something that you are doing, then you just do "things" because someone told you to.

Hips and Feet Lined Up

We want to always stay in balance. That means that we need to keep our body functional. How do we keep our lower body functional? You make sure that your knee can function as the hinge joint that God designed it to be! Stand up. Place your feet, toes forward, under your hips, in balance. Don't move your feet. Now play with bending your legs and rotating your hips in various directions. Look down at your legs and see the knees work well when they are all lined up and not so well when your legs are twisted.

