



The Forearm Bones

MOVING THE BODY'S WAY

When most people hear the word relaxation, they think about slowing down, sitting down or lying down; but did you know that using your body exactly the way the body is designed to be used can help you relax? It can.

Using the body the way it is designed to be used means using your body in ways that replace muscle tension with positive tension. When you move a body part functionally, you move in anatomically correct ways, and you also functionally turn on your body's neurological circuitry to trigger the right muscles needed to move. What you experience is stress

free action, what we call Dynamic Ease. Moving functionally with any body part saves energy and wear and tear on your whole body.

Here's how to functionally move your hands and forearm bones to feel relaxed and energized after any workout!

In Nia we call the forearm bones the spiral twins. By name they are known as the radius (thumb side) and ulna (little finger side) bones. By design these two bones sit between your elbow and wrist joints. Their main function is to rotate the palm up and down and balance the flow of energy spiraling into and out of the palm of your hand as well as into and back out your entire arm, while at the same time protecting your shoulder joint.

Activating the Forearm Bones

To activate the movement of your forearm bones, turn imaginary doorknobs in both directions several times. Sense these bones spiralling over each other. Keep spiralling and turning and draw your elbows into your body and back out. Sense the conditioning in the front and back sides of your core

In class, keep your forearm bones working for you and your movement powerful and relaxed by dancing and being conscious of changing the direction of your palms from front to back and from in to out.

When you push and pull, spiral your forearm bones, pushing energy away with your palms out and pulling it back with your palms in.

For more information

Ask your teacher for more information about this and other available Nia Handouts.

Get the Nia Book, *The Nia Technique* (2005, Broadway Books).

Go on-line to read and subscribe to the free monthly Nia Newsletter.