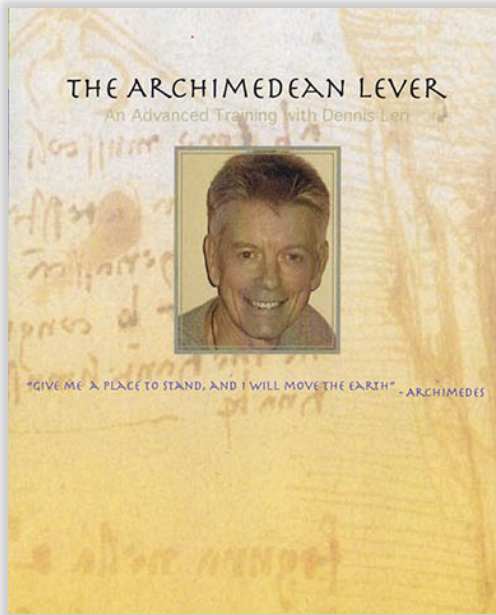


Dennis Leri

The Archimedian Lever

2010



CHAPTER TITLES

Introduction
Finding the Axis of the Shoulder
Connecting the Axis of the Shoulder in Sitting
The Archimedian Lever
Lifting and Compressing the Head in Relationship to the Chest and Shoulders
Clarification with an Individual Student
Compression Through the Spine
Establishing the Central Line
Finding the Archimedian Lever Lying on the Side
Using the Spine as an Archimedian Lever
Questions and Answers
Connecting the Pelvis to the Archimedian Point
The Essential in FI



Archived Resources - 2 x Video DVD's in case