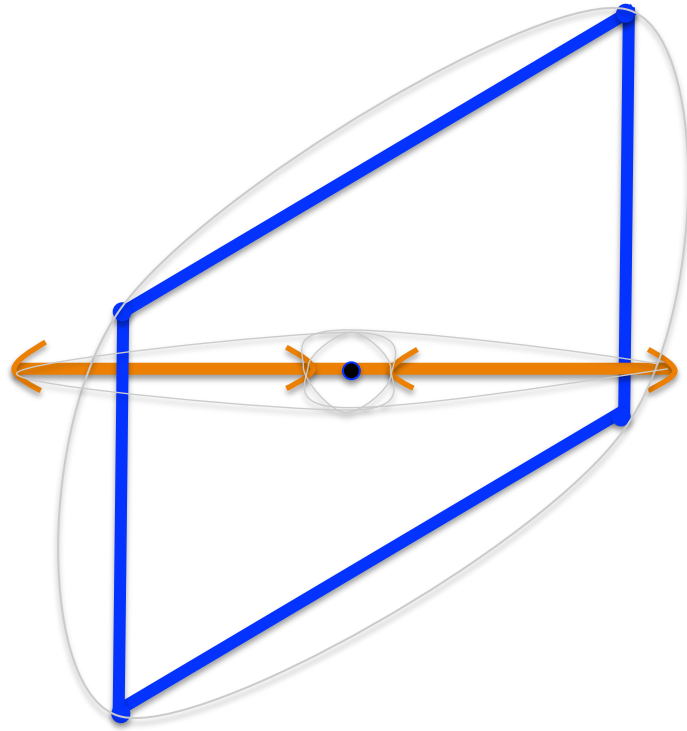


**Near/Rhythm State**

**time & weight**

**Remote State**

**space & flow**



**Near/Rhythm State:** cycling the Sagittal Plane

<u>Directions</u>	<u>time</u>	<u>weight</u>
forward, high	decelerating	decreasing pressure
forward, deep	decelerating	increasing pressure
back, deep	accelerating	increasing pressure
back, high	accelerating	decreasing pressure

**Remote State:** traversing the Horizontal Dimension

<u>Directions</u>	<u>space</u>	<u>flow</u>
right, far	indirecting	freeing
left, near	directing	binding
right, near	indirecting	binding
left, far	directing	freeing