



The Body's Way Education Series

The Upper Arm Bone



The Upper Arm Bone

Nothing is more beautiful than that of a man or a woman in physical grace. A graceful body is a body that appears to walk and fly at the same time. As if having wings, a graceful body seems to turn everyday movements into a dance of life that reflects grace, beauty, power and dynamic function. Listen to the voice of your upper arm bone and allow this voice to change the way you move and live in your body.

I am the voice of your upper arm bone. My name is humerus. Look at my top and by design you'll see I have a small rounded ball that together with your shoulder blade gives flight, grace and power to your hand, arm, and core gestures.

Look at my bottom and you'll see your elbow joint. When I am not in use I love to hang at your sides to help keep your shoulders down and relaxed. Always there for you, notice that I act in response to what you feel. If you feel afraid, you will find me hugging inward to hold and keep you safe.

If you feel excited, you'll notice me moving wildly about. Like ski poles, the two of me help to keep you balanced by slightly swinging across your body as you walk. I am the part of you that expresses emotional truth. Watch what I do, where and how I energetically move, and you'll get to know your emotional self intimately.

When Dancing Through Life

Throughout the day, every time you see the color yellow, remember to sense your upper arm bone hanging down into the natural pull of gravity to help you maintain space between your shoulders and ears.

As you walk, consciously allow your upper arm bones to swing freely and naturally across your body, using this motion to keep your upper body balanced and relaxed.

Before you get up out of a chair briefly stop and wrap your upper arm bones around the front of your body, gently squeeze and hug to stretch your back.

When using your hands, spend time alternating palms up and down; consciously train yourself to sense the bottom of your upper arm bones hanging down and resting into the sides of your body to sustain the state of relaxed and ready.

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).

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