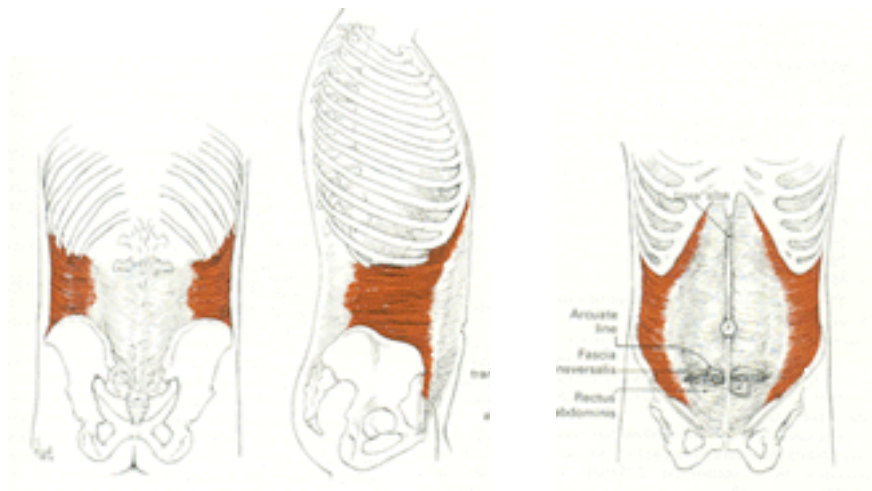


**Having an image of your body's various moving parts can help us get more in touch with what, exactly, it is that we're learning to move in a mindful way.**

**Here are images of the most important anatomy we use to enhance bone strength.**

**Transversus abdominis:**

[http://en.wikipedia.org/wiki/File:Transversus\\_abdominis.png](http://en.wikipedia.org/wiki/File:Transversus_abdominis.png)



<http://www.unm.edu/~lkravitz/Article%20folder/abdominal.html>

**Hip joint, bones:** [http://en.wikipedia.org/wiki/Hip\\_joint#Articulation](http://en.wikipedia.org/wiki/Hip_joint#Articulation)

**Hip joint, muscles:** [http://en.wikipedia.org/wiki/Muscles\\_of\\_the\\_hip](http://en.wikipedia.org/wiki/Muscles_of_the_hip)

**Muscles in back of shoulder -rotator cuff:**

<http://en.wikipedia.org/wiki/File:Gray412.png>

**Muscles in front of shoulder: 3 'tethers':**

<http://en.wikipedia.org/wiki/File:Gray411subclavius.png>