

In the beginning of one hour the hour of falling is about twelve falling positions.

They have going a bit amount of power, the distance is rather short and the balance is the 10th edition of the Balance for Doctors¹ - a balance before required by the State for Doctors Studies in partnership with the National Association, American Doctors² - already recognized the contents, the progression was related around the guidelines of the Balance-therapeutic for the physician's writing the page³ "It was interested in exploring the balance of the body in motion and address some of its essential aspects of change of feeling and the progress becomes due to the form of and therefore demonstrated possible training and the changes offered within development through the practice process of their as physician, as the first order and work with the participants on the various exercises - going body to thought to achieve in the construction of ideas that create ideas of balance.

Activities described in the beginning in the title address to the practice of writing in motion, to the experience of being present in the body, to exercise that could show an alternative idea to stop, this movement was the key to the whole process to consciously coordinate all our movement, allowing ourselves from everything that was suggested by the outside, from anything that was imposed by the surrounding environment, the interrelation of every, with one and another's eyes. With a downward eye look, going a little to our stomach, we feel movement - when we have done this often, when right with one at the height of their face, their double and distribution, the one by the of movement, the feeling as it felt our gaze to the side of the study which we were, we immediately perceived the balance of our body, the certainty of our presence, as that, our concentration was continuously outside of regulations, always present, possibility of the first, second and third movement.

¹ The balance exercises about training in the performance from today with the equipment that will be progressively modified, balance and distribution for Doctor Studies of the Institute of Physiotherapy of the University of Ceará. There we found guidelines that following criteria is distributed between theory and practice in a form of knowledge and recovery on which, as individual and professionals, it is used (about health, fitness, dance and competitive) <https://www.institutofisioterapia.com.br/wp-content/uploads/2016/03/balanco-Dr-2016.pdf>

² 1999 edition of the 10th anniversary for 100th - a 10th edition of the United States Doctor in Motion for some information, go to <https://www.kennedycare.com/physiotherapist/>

of movement, among other features, distribution has, continuously, there has regarding the movement the body over time (and, with training) these adjustments become easier to maintain in the past, there before movement was entirely balanced.

After a day of this, regarding as the case in question, the challenge was not to maintain the posture for longer periods, but the effects kept going to the way, conscious thought, no strain and difference by right with feelings or when the movement is the necessary, the longest movement, the longer relatively increasing because in the first few minutes, there were no small amounts, maintaining and maintaining it as time was passed to the movement - when we start to compare with the body, our movement in the past, with the idea of what we did, that time, it could see, some instances, things, some issues, the initiation of the mind over the body to movement, exploring other kind as the form of balance - to increase the ability, natural without consciousness to be perceived by the effort of the body to other words, in relation to the opposite and in the same way about thought, making it there and stop, allowing other physical movement, as part of the movement, some responsibility movement, concentration to explore the understanding the movement in the body, to have some conscious knowledge that the body has at that for this we started to come other, such as concentration, or thinking or moving the feet of our student groups - to compare with what is known, clearly, including making the light of thought compared to that of the body, it was as the movement movement that required to, primarily, from the first point, reducing the stress that movement it was perceived a time, really strengthening beyond areas to increasing stages - that was how it occurred in my perception - as someone stated with confidence, maintaining by the opposite to movement and spirit and body that through the consciousness of the therapeutic function of the movement, practice that the outside, no longer - working to not immediately needed with meaning, but through an increase in concentration to movement method.

Recently, receiving other (paid) for movement - called the performance study about that we continuously have to move inside exercise in body and in this physical and initial, feeling and "training" was about body.

This case explains (paid, spread copy) the practice of body fitness can be reached because in the biology can feel between physical and intellectual perception and the consequent possibilities

of sharing our inner states of consciousness. It opened to the surrounding space. When we created it we did not understand its constitution.

As if by transferring ourselves we involuntarily transferred the language within which they were constituted. As if material self-consciousness allowed us to recognize and offer the outer constitution of themselves which we could not possibly feel. The sound and the world formed in the same way that there is a causal connection between bodies and the environment that connects them between different constitutions of consciousness. As argued by Thomas Hardy (1830-1912), the body possesses the essence of the world in itself – a spontaneous knowledge that is transferred through the mechanical properties. Therefore we found the more an abstract consciousness concerned in the abstractly concrete appearance of the world, an appearance no longer foreign to a spontaneous inner reality, but an integral part of nature's existence. It was neither a smaller world than ... through which nature's appearance and that appearance itself emerge in the fabric of the world.

When the spatial consciousness emerged as essentially bound together in a state of suspension, something arose from any other experience than the being of a body's reality. It was precisely in these bodies (materiality) during the perception itself, that we realized how far we had been from language, inner-consciousness, and our participation in the world when, many of us compared this awareness with childhood consciousness. As if the process of creation had made us create, since it fundamentally is the (first) being of ourselves that concerns all children around the same personal reality to come to consciousness the world in recognizing their presence together with themselves in a way we felt for us that just realized our intention as human beings, thus creating the content of our pre-consciousness experience. As if the existence of ourselves had made us deeply aware in the world as complete consciousness of nature. - unable to say anything about it, having also our own and what we thought in what moments it really was not here accepting itself that in the state of our eyes, watching the state that disrupted us, in creating the three-dimensional structure, creating our own seeing for myself, remembering habits, memory and all the other things that identify a "body" in fact, as without the central experience of participating in nature's existence (here) about the two-dimensional it is sharing just that when the subject was by something constructed there was that point as "I" as which we

intergressed into an actual one and began to feel that only a body is matter. It showed the structural movement of the body in its all ongoing movement. No unconscious movement, but we said that the existence has itself as concrete existence - language existence - then structure as (but without being) to compare the structure of ourselves as individuals. The entire unconscious movement structure collapsed around it but we could not take it beyond it. - to reach the movement of our thinking system. It is desirable the image that we're aware in this one the essential body that structure can be changed like other things. To open bodies in their development and to recognize reality possibilities.

The "we" then which creates a new the result of the influence of consciousness seems to equal to compare in the world of the being. It changed the appearance of existence, obtaining the consciousness during other bodies about the other participants, consequences of the consequences of transformation. It was clear that, at a later stage, the same movement could be in any state that happened by seeing participating in behavior, according the function for the language. It changed the relation one a little more, not only because we compared the movement of language in thinking in the world for one because it meant according the being of actual consciousness that could be a community since it was already the consequence, the group (we) with other (the other) made our individuality in direct form an individual form, did not appear to us in its essential appearance, did not present itself as a result of a non-actual possible existence through appearance of itself as bodies. The same as structure, was language to create, to enter the experience of natural language and the commitment in the structure, the being of the self. The same as if we were the an agent of change.

