

Eas-i-Chi and the Cobblestone Walkway

This Booklet explains how to use a lightweight, portable acupressure walkway to help you discover how to use your body's own natural movement process and weight to efficiently stimulate reflexology points that deliver a clinically-proven wellness result (lower BP and better balance).

These movements holistically integrate the body's three balance centers and will soon have participants back in the "swing and rhythm" of life. A discussion on the benefits of cobblestone pathway walking in improving balance, movement confidence and lowering blood pressure will be provided. Participants will be shown the "dance of skate" movement and will have the opportunity to practice the five basic pathway steps.

The QEF Eas-i-Chi Program is the only one that is protocol-proven and client-tested in a format established by the National Institute on Aging with the Oregon Research Institute (ORI). The curriculum designer is an expert that has consulted with the National Council on Aging and the American Society on Aging to assist health care professionals implement socially facilitated, multi-generational wellness programs targeted at the critical importance of leg muscle strength as the #1 factor in physical health in maturing populations.

Evidence-based prevention programs are proven by research to work.

Evidence-based programs are grounded in sound theory with well-designed evaluation measures to demonstrate their effectiveness. Published, scientific studies generate evidence of the positive results of the activity or intervention.



These programs are packaged for easy translation to the community setting and generally deliver effective outcomes and results.

What are some of the benefits of evidence-based programs?



- Increases the likelihood of positive outcomes
- Leads to efficient use of resources
- Makes the spread of programs easier
- Provides common performance measures
- Assists with advancing new research and development

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actus FingerPrints:

Nature's Energy Saving Secret to Balance, Harmony and Symmetry

Practical Application Booklet

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Introduction, Prep & Alignment

Introduction

In the book Cactus Fingerprints, underlying themes are Traditional Chinese Medicine (TCM) principles of *energy conservation* and *dynamic circular motion*. As a holistic philosophy TCM underscores body-mind wellness through the flow of *Chi* energy.

Adherents appreciate that energy moves around the body in a **circular pattern** and actually flows as a *spiral* through our natural energy channels. This is a pattern consistently replicated in the natural world.

A pattern we will also emphasize – and, hopefully, help you appreciate – as you navigate your way through the steps of **Eas-i-Chi...**



Preface:

Though each aspect of Eas-i-Chi can stand alone, ideally this is meant to be a graduated physical activity program: first you use the walkway steps, then advance to the Dance of Skate/Tennis and on to an 8-position Tai Chi solo forms routine. (see our website for more details).

Preparation

Alignment and Breathing

Vacation Time

Time to take a little vacation. Give permission to yourself to just Relax, be open, and enjoy a moment to just "Allow." There's no rush! In fact, to get the most healthful benefit out of your Eas-i-Chi® Walkway Session always try to move with slow focus.

First, pause what you're doing and thinking and start to slow the mind down by taking note of your current thoughts and then clearing your mind of chatter. Now relax and focus on your breath.

Sit comfortably, feet flat on the floor and arms to your sides.

Take a moment and imagine that you are a tiny microscope looking inside your own body, assessing every movement, muscle and joint – one by one. Start from your head – rotate it from left to right – then the shoulders, rounding the elbows, the wrists. Stand up (this is also a movement you want to pay attention to), stretch your arms to the sides and make small circles with your arms, then big circles. Now bend to the sides, sliding your hands down to your thighs. Continue, carefully examining every movement in your mind and assigning it a grade – good, fair, poor, cannot do. How does your body feel? Is it moving freely? Are you feeling fatigue or discomfort after any one move? I have news for you...the answer to the above questions is not "I am just getting old!"

Set Up and Breathing

Just as you recall watching neighborhood children at play with amazement at how their bodies moved freely, you can remember those times when your body responded gracefully and easily to a given movement pattern. But, what happened as you grew up? Where did those easy, unrestricted movement patterns go? Simple. When you reached school age, your body had to accustom to sitting on tiny chairs for hours; stress levels began rising with new responsibilities of homework and exams. You were probably carrying heavy books or a backpack over your shoulders (or many times over one shoulder!), distorting the spine and musculature. Your sleeping pattern was routinely disrupted. With puberty came bodily changes as well as postural changes. Slouching actually became comfortable – even cool!

During every workday, chances are you will sit at a desk or behind a steering wheel; then, go home at the end of the day to sit on the couch or spend hours in the kitchen, bending, standing, and moving improperly. With a daily routine of increasingly restricted and faulty movements, it's not surprising that many people routinely turn aging into "getting old."

The Three Amigos

The central nervous system (brain and spinal cord), the skeletal structure, and the musculature are complex systems that work as a team to provide the right output for proper body stabilization against gravitational forces. Bodily movements depend on messages to and from the control room of the brain. The brain remembers patterns of movement, not of individual muscle contractions.



For example, after walking on a treadmill for 10 – 20 minutes, isn't it funny how our body keeps walking at the same pace after stepping off the machine and onto the floor? The brain continually tells the body to react and adapt to stimuli or sadly in today's world--to a lack of physical movement.

However, by faulty muscle recruitment, changes in muscle function take place, creating imbalances in the body. The skeletal structure in turn will utilize a great deal of energy fighting gravity, and, in the end, gravity usually wins. In addition, the tissues that are pulling and holding the body out of alignment, and those enlisted in the constant struggle against gravity, are in a state of distress that grows more pronounced and more refractory over time. Ever wonder why you feel so tired after being on your feet or sitting all day?