

Physical Activities & Patterns Whitelaw

THRUST	SHAPE	SWING	HANG
Driver Movement: thrust, push	Organizer Movement: shape, hold form	Collaborator Movement: swing, rock	Visionary Movement: hang, drift
Running Karate Weightlifting Cardio machine (hard and fast) Kendo, sword work Bicycling (hard/fast) Aggressive sports Skiing (hard/fast) Tennis Racquetball	Ballet Yoga Meditation Walking Dressage Ceramics Housecleaning Organizing spaces Woodworking Needlepoint Step-by-step work	Ballroom dance Ice Dancing Aikido Golf (the swing) Skating, rollerblading Swimming Bicycling (slow/easy) Skiing (slow/easy) Weaving/Collage Bowling (team)	Tai Chi, Chi Kung Meditation (samadhi) Sailing Hang gliding Scuba diving Snorkeling Archery Photography (in the moment) Being out in nature