

# GRAVITY IS CONSTANT.

Your Support Must Be Intelligent.

Anti-gravity muscles prevent collapse. They create vertical organisation. They allow effortless movement.

Not rigid. Not slack.  
Responsive.

## FOR MUSICIANS

When anti-gravity support is coherent:

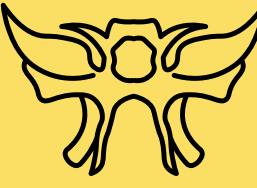
- Weight transmits.
- Rebound appears.
- Sound deepens.
- Effort decreases.

## IN SITTING (AT THE PIANO)

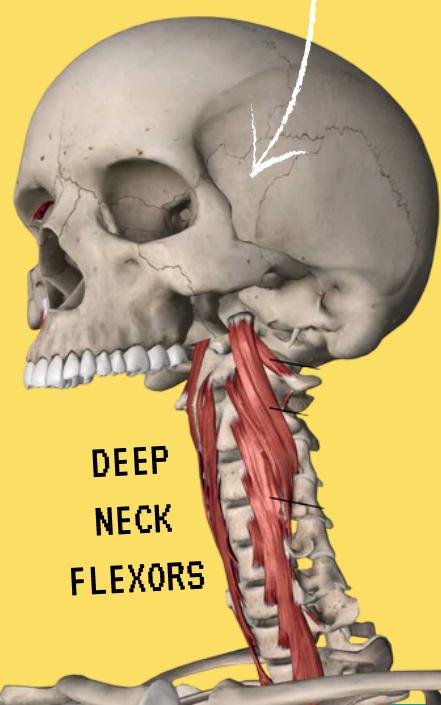
Support shifts deeper.

**Deep spinal stabilisers** (multifidus, segmental extensors)  
**Thoracic extensors** (mid-back support)  
**Transversus abdominis** (deep abdominal tone)  
**Pelvic floor** (pressure and base regulation)  
**Lower and middle trapezius** (scapular support)  
**Serratus anterior** (arm suspension from the back)  
**Deep neck flexors and deep cervical extensors** (head balance)  
**Subtle hip stabilisers** (gluteus medius, deep rotators)

Suspension without rigidity.



SPHENOID



DEEP NECK FLEXORS



### THE CORE SYSTEM

#### SPINAL EXTENSORS

Lift without stiffening.

#### GLUTEUS MAXIMUS

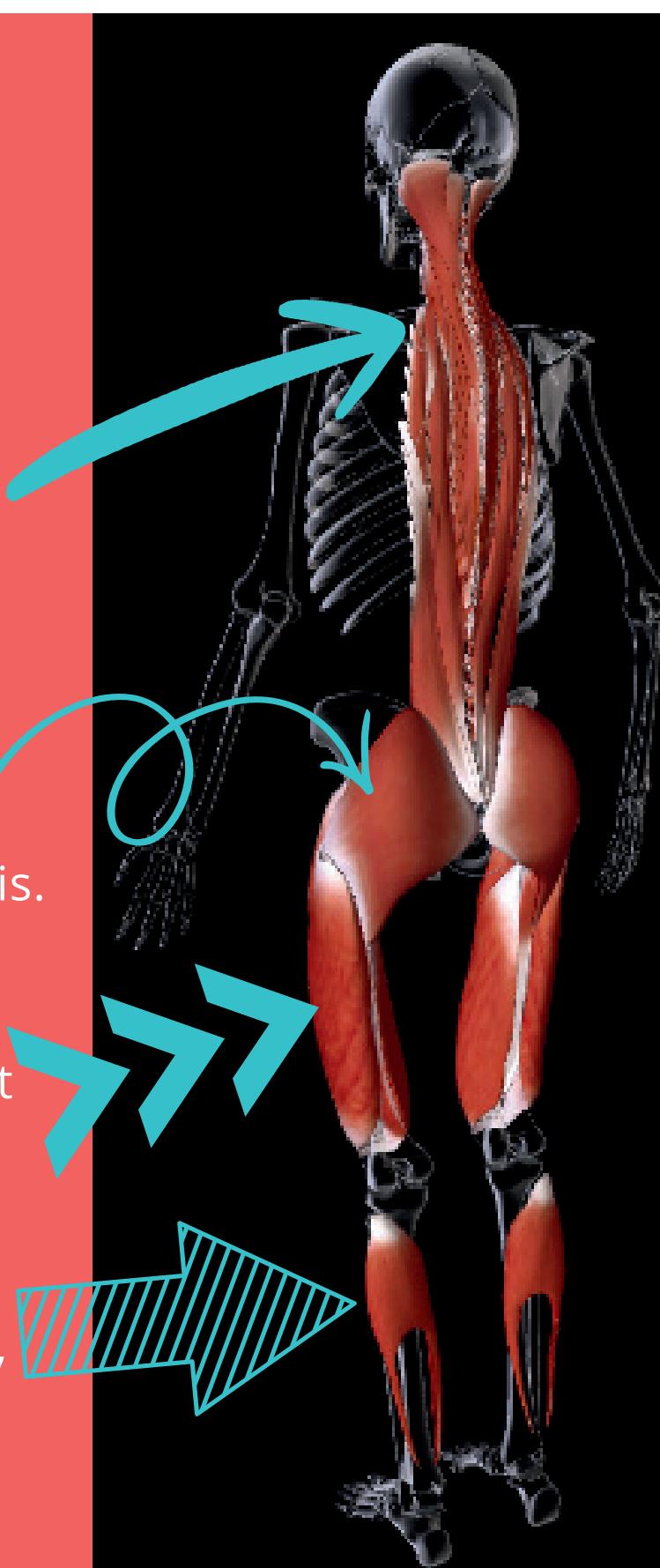
Stabilise the pelvis.

#### QUADRICEPS

Support without locking.

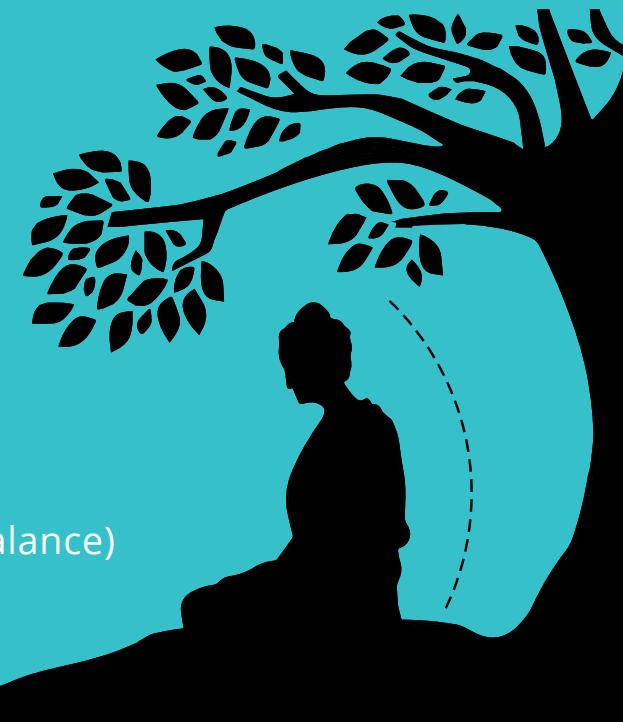
#### SOLEUS

Balance quietly, constantly.



## IN SITTING (AT THE PIANO)

Support shifts deeper.



### TOO LITTLE

INSUFFICIENT POSTURAL TONE

- Collapsing into gravity
- Structure not carrying load
- Weight pooling distally
- Small joints compensating
- Head drifting forward
- Breath compressed
- Large muscles offline, small muscles overworking



RESULT:  
FORCE IS MANUFACTURED.  
ENERGY SPENT COMPENSATING.

### TOO MUCH

EXCESS POSTURAL TONE

- Holding instead of organising
- Fighting gravity
- Bracing through chest and shoulders
- Reduced rebound
- Breath restricted
- Movement feels effortful
- Energy spent stabilising what is already stable



RESULT:  
FORCE IS BLOCKED.  
EXPRESSION FEELS HEAVY.

## HEAD BALANCE & AXIAL COHERENCE

The head weighs approximately 4-5 kg and rests on C1 (the atlas). It is designed to balance, not to be held up by superficial neck muscles.

Deep cervical stabilisers provide subtle, continuous tone.

When these are organised, the larger neck and shoulder muscles can remain quiet.

The sphenoid functions as a central cranial keystone, linking multiple bones of the skull.

Its alignment reflects overall head position and influences jaw tone, breath, and cervical balance.

When the head is balanced over the spine, axial coherence improves.

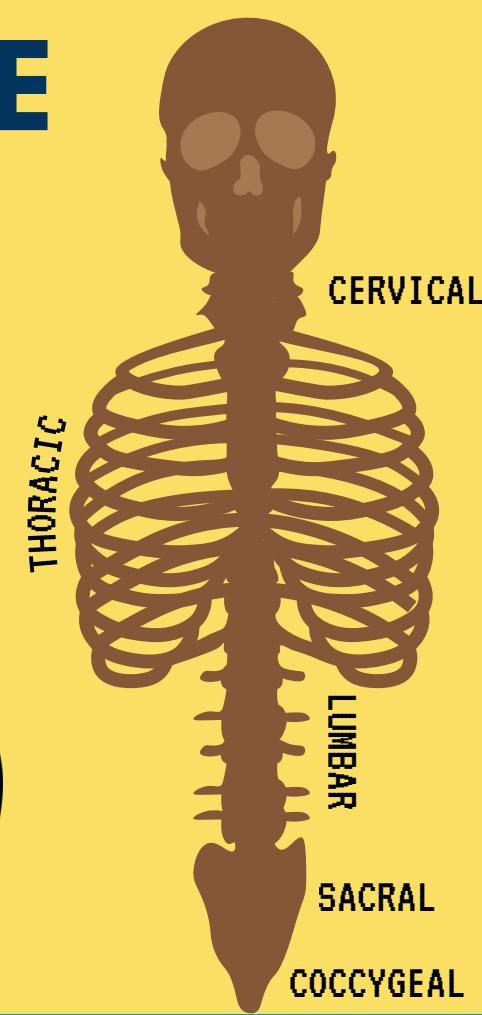
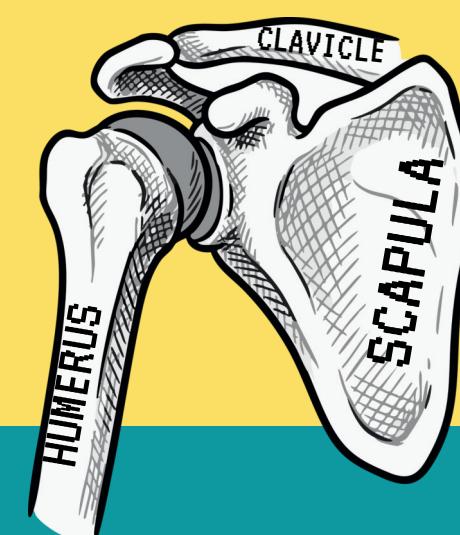
The spine supports the scapulae.

The scapulae suspend the arms.

The arms transmit force efficiently to the fingers.

When the head drifts forward, distal effort increases.

When it balances, tone becomes buoyant and economical.



Work with gravity. Move against it with ease.