Explanation of Movement
An introduction to movement by Tania Teresa Lilley

1. There are 3 areas in which to do movement
   - High
   - Medium
   - Low

2. There are 3 kinds of movement
   - Big
   - Normal
   - Small

3. There are 4 types of movement we will work with
   - Jagged
   - Sway
   - Gravity
   - Normal