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These become integrated into larger neurological patterns of movement through which the human being organizes the total body, providing neuromuscular coordination, "connectedness," and a sense of basic comfort and being "at home" on earth in an embodied way.

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The breath gradually expands outwards connecting the inner core to limbs all 6 limbs (2 hands, 2 feet, head, tail) which reach outward away from center, and back inward toward center, like a starfish or octopus. squid, the core of the body is activated and connected through the midlms to the distal ends of limbs.

Bartenieff Fundamentals and Developmental Movement Patterns
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