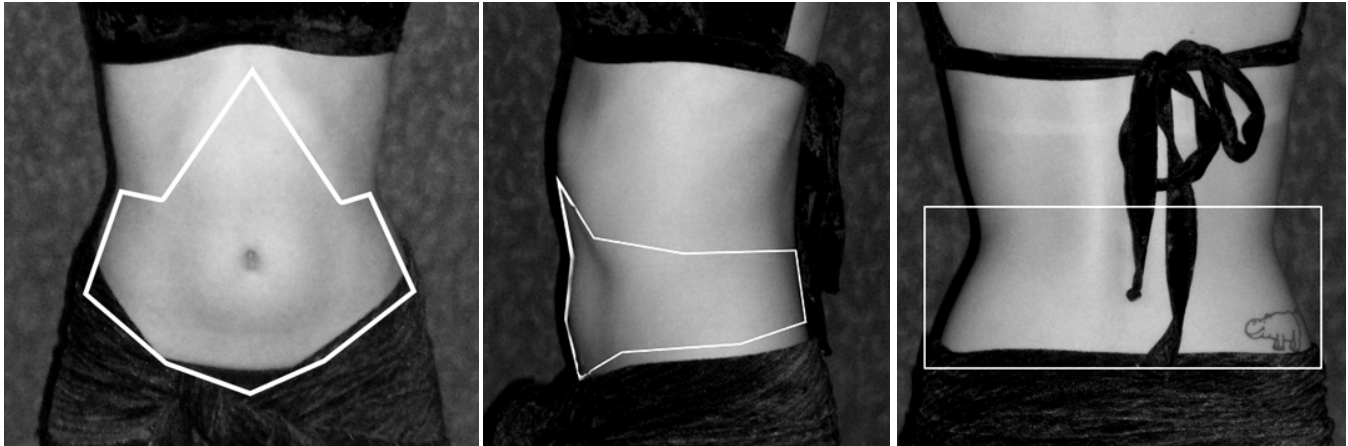




Core Band from Front, Side, and Back Views



The Tranquil Triangle

The mystery of **Basic Dance Posture**, **Hip Isolations**, and **Ribcage Isolations** can be made crystal clear with the observation of bony landmarks in and around the **Core Band**. Within the **Core Band** is what I call the **Tranquil Triangle**: **Tranquil** referring to a sense of neutrality in the pelvis and **Triangle** referring to the three bony landmarks that create an imaginary triangular plane. The bottom point of the triangle is the *pubic symphysis* or front side of the pubic bone. The top two points are the *anterior superior iliac spines* (abbreviated: ASIS), or the points of the hip bones that protrude slightly on the front side of your body. How the **Tranquil Triangle** relates to **Basic Dance Posture** will be detailed in the *Posture Chapter*. For the time being, just memorize where these points are on your own body and how they relate to each other as a triangular shape.

