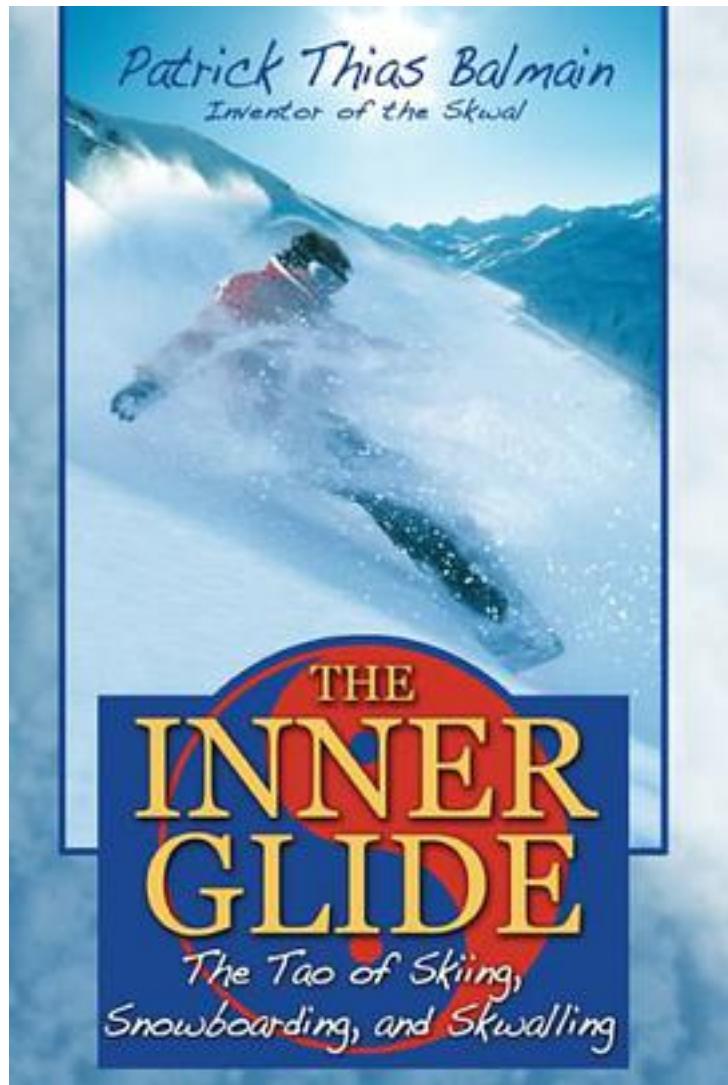


# The Inner Glide



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Patrick 'Thias' Balmain, creator and promoter of the skwal - a type of snowboard that positions the feet and the body facing forward on the board - discovered that by applying a concentrated awareness to movement activities such as skiing, a balance in motion can be achieved that is pure harmony and joy. When the mind is completely engaged, not with its thoughts but with the attention it commits to the movement of the body, it brings forth a balance between Earth's centre of gravity and that of the individual that evokes lasting transformations in one's stance toward life, influencing one's attitudes, gestures, words and actions. "The Inner Glide" presents a unique and original practice that will challenge ski enthusiasts, snowboarders or skwallers, whether experts or beginners, to make the transition from the raw quest for sensation - itself a source of imbalance - to a more subtle and harmonious practice based on internal centring. Balmain offers a complete illustrated programme that includes nine "katas of the glide" - conscious movement exercise sequences to help practitioners discover the "right gesture" and the "inner glide" for any terrain or situation - to bring body and mind into balance with joy. This book shows how by exploring and applying the laws that govern movement, practitioners can gain access to the "right gesture," the action that brings body and mind into balance. It includes nine "katas of the glide" that all skiers, snowboarders and skwallers can incorporate into their own technique.

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