

Body Movement Exercises

- Begin by placing feet shoulder-width apart. Hands are in prayer posture. Close eyes. Allow yourself to feel the ground beneath you. Also begin noticing your breathing.
- Open eyes, while keeping your attention inside; Bending knees, Bobbing of arms-start slow, slowly... Goal: loosen the whole body, shoulders, joints, and head—releasing all that is heavy.
- Shake and loosen your ankles, make circles with feet.
Make circles with your shoulders:
- Move shoulders back and down—release (breath out).
- Move shoulders forward and up - (breath in). Repeat four (4) times.
- Move shoulders up (breath in) - Move shoulders down (breathe out). Repeat four (4) times.
- (Place) hands on shoulders—paint circles (with elbows), wider each time, then reverse.
- (Place) chin on chest—head looks over left shoulder, forward (center), (then) right shoulder.
- Sway arms—up and down; start slowly (letting your) head follows.
- Sway(swing) (your) arms-side to side; start slowly (letting your head/torso follow)
- Extend left arm, (with) right hand grasp left wrist
 - A. Extend/reach as high as possible
 - B. Reach to (the) right side (Breath 3 times in an out in this stretched position)
 - C. (Reach) back up, stretch(ing) as high as possible
 - D. Close eyes as releasing and pay attention to how the left side feels (compared to the right side; feel the difference)
- Repeat cycle with right arm.
- (Place) chin on chest, slowly going down one vertebra at a time. When all the way down, let arms dangle; return up one vertebra at a time
- Stretch (your) chest, clasping hands behind back, slightly pull down
- Stretch (your) back; hug yourself
- Make hand into cup at waist
 - A. as breathing in, bring cup up to shoulders
 - B. as breathing out, push cup back down to waist
 - C. as breathing in, extend arms out coming in front of face, above head
 - D. as breathing out, hands separate and come down on each side, reforming cupRepeat 3-5 times.

Final Prayer

- A. Form prayer hand, feet grounded: *I open my hands to the heavens and receive from God all that is good*
- B. *and let it flow through my body,*
- C. *and give it to the earth and receive from the earth all that is good*
- D. *and give it to the east—to the west*
- E. *to all human beings, to all creation*
- F. *and from all human beings and all creation I receive what is good. Put it together and let it nurture and grow in my heart.*

* Special Thank you to Ulla Peffermann Fincke (Schleswin Holstein, Germany) upeff@aol.com
for creating and teaching the exercises.

