
Deep listening

A MOVEMENT INQUIRY



BEGIN STANDING

TAKE A BREATH



CURL IN

ROUNDING YOUR SPINE



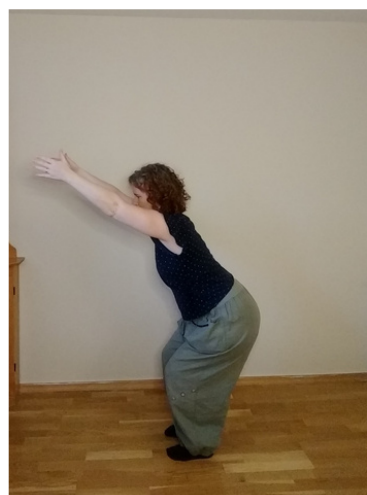
ARM RAISE

TENSION FREE



SIT IN A CHAIR

HANDS ON YOUR KNEES



ARM RAISE

NOTICE YOUR BACK



SIT IN A CHAIR

HANDS ON YOUR KNEES



Deep listening

A MOVEMENT INQUIRY



LIFT YOUR HIPS
KEEP YOUR SPINE NEUTRAL



HOLD YOUR ELBOWS
BELLY ON YOUR LEGS



MINI SQUAT
USE YOUR LEGS TO STAND



BALANCE
HEEL RAISE



END STANDING
TAKE A BREATH

Repeat the sequence as many times as you like, observing how your body responds with each round.

When you have finished your practice, take a moment to thank yourself for the effort you have given.

