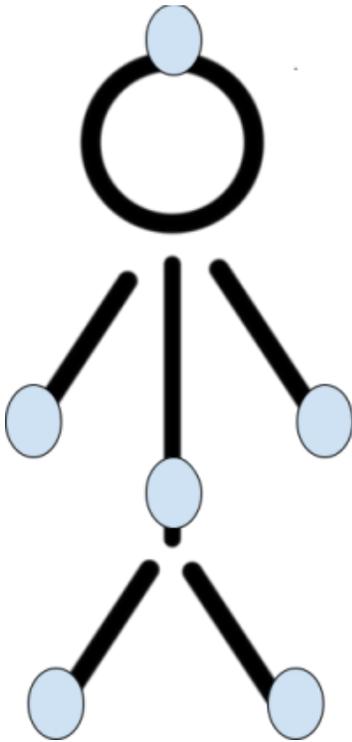


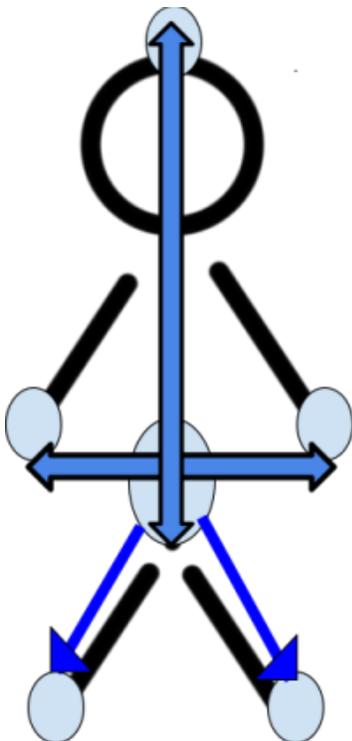
Remember to move slowly and intentionally with music that you love!



WHOLE-BODY BREATH for Calm and Grounding

Practicing Whole-Body-Breath is a great way to calm and ground the nervous system. Every cell in the body requires oxygen, which means every cell breathes.

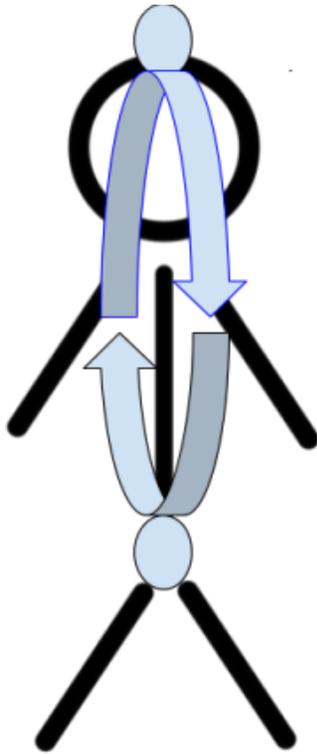
To experience Whole-Body-Breath, visualize every cell in your body *growing on the inhale* and *shrinking on the exhale*. Allow the body to visibly grow and shrink three-dimensionally (like a 3-D sculpture rather than a 2-D painting). Sense the body releasing tension with every Whole-Body Breath exhale.



CORE-ENDPOINTS for Confidence and Courage

Practicing Core-Endpoints is a great way to feel alive, renew your confidence and increase your courage. It's also a great reminder that your body is FREE to take up space and BE as big as it needs and wants to be.

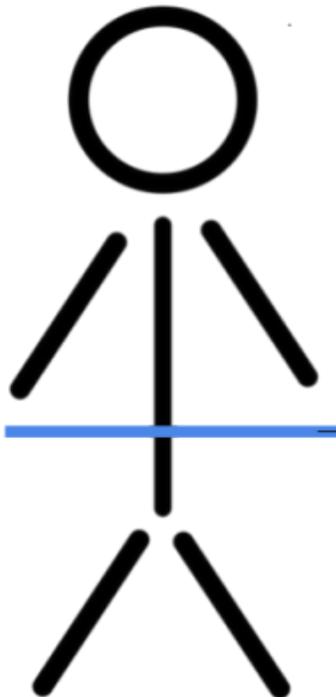
To experience the Core-Endpoints connection, initiate breath and movement from your core. Stretch your arms and legs into a big 'X' and feel the energy radiate into your endpoints (hands and feet) and return back to your core.



HEAD-PELVIS **for Dignity and Self-Compassion**

Practicing the Head-Pelvis connection combats self-criticism and low self-worth and reminds you that you are ENOUGH.

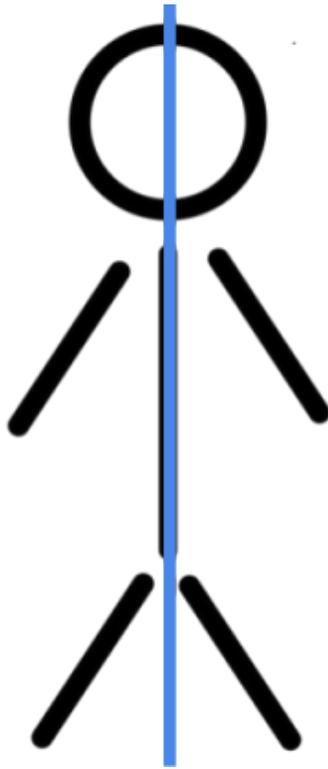
To experience the Head-Pelvis connection, visualize the head and pelvis connected by the spinal column, and the spinal column bathed in nourishing cerebrospinal fluid. Allow the head and pelvis to extend away from each other (arching), sensing a proud and dignified lift of the chest. Then allow the head and pelvis to round toward each other, softening into an attitude of gentle, self-compassion. Allow your breath to initiate the movement.



UPPER - LOWER **for Strength and Resilience**

Practicing the Upper-Lower connection reminds you that you are stronger and more resilient than you think.

To experience the Upper-Lower connection, sense a horizontal line at your navel, dividing your upper and lower body halves. Feel your lower body rooted into the ground with strength and resilience while your upper body moves with lightness and free flowing energy. Then try the opposite – Feel your upper body stable and strong as your lower body moves with lightness and free flowing energy. Then move the two halves simultaneously as mirror images (i.e. bend and straighten legs and arms like a jumping frog).



RIGHT/LEFT BODY HALVES for Clarity and Decisiveness

Practicing Right/Left Body Halves can bring clarity and decisiveness when the world feels chaotic or overwhelming or you are presented with too many options.

To experience Right/Left Body Halves, sense a vertical line dividing your right and left body halves. Feel your right body half stabilize your body as your left half moves freely, and vice versa. Connect this sensation of body-half with black/white, A/B choice-making.

(For mental health therapists: Practicing Right/Left Body Halves is great preparation for EMDR therapy.)



3-D DIAGONALS (or cross lateral) for Possibility and Hope

Practicing 3-D Diagonals can bring possibility and hope when you feel stuck or limited or need to tap into your creative side.

Diagonal connections in the body are the most complex. A baby typically learns to crawl with right/left body-half patterning before he/she finds the oppositional connections that lead to walking. Moving through diagonal pathways and sensing connection between oppositional body parts (i.e. right shoulder and left hip) helps concentration and also helps us experience new ways of moving through space. When confronted with hopelessness or powerlessness or a need to find fresh solutions, move your 3-D Diagonals to find possibility, hope and creativity.