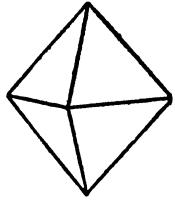


## The Dimensional Scale (or Ten Points to Home)

SENSING ~ FEELING ~ MOVING with Angie Yetzke, LLC

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



Picture your body inside this 3-dimensional octahedron.

YouTube link: <https://youtu.be/yJD6xEjTljl>. (Note: this link does not include the “hand to heart “return home” aspect described below, but does give a visual description of the spatial directions.)

As you become more comfortable with the pattern, begin to move with...

~*Spatial awareness*. Sense your 3-D body in space.

~*Spatial intent*. Reach clearly and purposefully toward your destination.

~*Spatial consumption*. Take up space!

Seated or standing, begin with your right hand on your heart. Feel your feet on the floor. This is your “neutral” stance. Take some whole-body breaths. Sense the beat of your chosen music. Get out of your head and let your body *feel*.

### Up and Down (Heaven and Earth)

1. *Gather in heaven*: Right arm reaches high overhead, your whole body rising.  
*And bring it home*: Return hand to heart and your body to neutral.
2. *Gather in earth*: Right arm reaches low, your whole body sinking.  
*And bring it home*: Return hand to heart and your body to neutral.

### Side to Side (The People You Love – See them; name them.)

3. *Gather in my family*: Right arm reaches left, your whole body enclosing.  
*And bring them home*: Return hand to heart and your body to neutral.
4. *Gather in my friends*: Right arm opens right, your whole body spreading.  
*And bring them home*: Return hand to heart and your body to neutral.

### Back and Forward (Your Past and Future)

5. *Gather in my past*: Right arm reaches back, your whole body retreating.  
*And bring it home*: Return hand to heart and your body to neutral.
6. *Gather in my future*: Right arm reaches forward, your whole body advancing.  
*And bring it home*: Return hand to heart and your body to neutral.

### Apple Twist and Catch (See What You Want and CLAIM IT!)

7. With your left hand, reach to the high left for an “apple,” twist it, drop it.
8. Quickly catch it, supporting your catch with bent knees and rounded torso. See that “apple.” Slowly bring the “apple” to your heart and your body to neutral. Breathe.
9. With your right hand, reach to the high right for an “apple,” twist it, drop it.
10. Quickly catch it, supporting your catch with bent knees and rounded torso. See that “apple.” Slowly bring the “apple” to your heart and your body to neutral. Breathe.

Repeat the entire sequence, this time leading with your left arm.