

BODY WARM-UPS FOR WRITING AND ROLE PLAY: GENERAL GUIDELINES

Recommendations:

- *Try to do these lessons in a quiet place where you will be undisturbed for 15 or 20 minutes (shut off all electronic devices, televisions, telephones, etc).
- *Have a floor mat ready, and a towel that can be folded for head support.
- *Wear loose, comfortable clothing, remove all jewellery, eye glasses, and anything sharp that could dig into your body while moving.
- * Go barefoot or in stocking feet.

To make the most of these movement lessons, and to prevent injury, it is important to read the following instructions:

- 1) Move slowly (like in Tai Chi)
- 2) Make the movements small
- 3) Don't do anything that hurts. If it hurts - stop immediately!
- 4) Pause between repetitions and start fresh.
- 5) Try to move with as much ease as possible, Never strain.
- 6) Rest whenever you need to rest
- 7) Regard the rests as part of the lesson: actively observe changes in sensation, feelings, differences between the left and right side of your body, your relationship to the floor
- 8) If you get confused or lost, don't worry! This is good. Start again in a fresh way and be curious about the exploration.
- 9) If you can't physically do the movement, just visualize it in as much detail as possible in your "mind's eye." You can even benefit from these movement lessons without physically moving.
- 10) Try to find the pleasure in the movement.
- 11) At the end of the lesson, leave time to observe the changes before getting busy again.
- 12) Enjoy!