

Can we release upwards? Where are you releasing in space around you? Take yourself on a little dance with this. Let the body intuit, let the body decide now. 10 to 1 and drop it.

Place attention to the skin and the bones in the skin. Let the skin move the bones inside. Can you keep the skin where it is and turn the whole skeleton around? Keep the skeleton rotating, turning in the skin. Then unravel, go back the other way.

Keep shifting all the bones in small shifts inside the skin. Let the bones go, the tension between the bones release. Keep exploring the amount and the range of shifts happening.

Shift all the bones to the front of the skin.

Now feel the back forward, around and completely inside yourself. How much inversion?

Now slowly open it all up again SI, fingers, collar bones, feet.

Keep stretching head heel toes eyelashes armpits ribs from the heels underneath the jaw the ears. Keep it growing let the voice go 10-1. Float.

Notice, sense the body's sensations. Sense them. Name them. Explore the doing: where is it in the body? Go back to naming if you lose it. Gradually release it all.

Go to folding sensation. Fold the arms into space. What is the relation to space around you? Keep folding everywhere: neck shoulder (inside and outside of) etc. Notice what is the level of ease of these foldings. You fold into space out of your center and carry the folds spatially.

Perhaps the folds need to be in a different space for clarity.

We can also fold the pelvis.

Keep adding layers.

Can you carry the folds in the pelvis to a different space.

Play with the amplitude of the folds. Turn the volume /