

Refined Processes for Pain- Final Iteration

After creating the initial somatic processes for pain, it was imperative to engage with each principle from a deeper, more embodied perspective. These movement explorations directly built on the primary question: what specific somatic principles support my pain and discomfort in practice? Research therefore emerged organically from self-exploration, providing the opportunity to investigate each somatic principle in more depth through movement. Phase 3 of practice involved movement explorations in the studio, being witnessed by others in the space, and gaining further insights into the application of somatic principles to the body. Upon reflection, it was important to unpack and analyse some key aspects on the lived experience in relation to what was present in the body to ground my perspective. In light of this, poetic reflection and mark-making emerged authentically in the moment as an approach to recounting the lived experience, acknowledging that body sensations were shifting, and provided another way to document what was present in the moment. The lived experience was therefore represented through abstract language and imagery. This is akin to Miranda Tufnell's practice, where she often engages with poetic writing, highlighting the significance of creative expression through language. Although poetic reflection was not an initial intention, this approach to reflecting on the self and the sensations present within the body was an expressive and communicative practice. Language such as flow, minimal movement, jagged, jittery, uncomfortable, fluid, expressive, tight, tense, stuck, and release were reoccurring descriptions of the movement experience and contributed to an understanding of whether each specific somatic principle was supporting pain, discomfort, and wellbeing.

As a result of these reflective practices, the research identified that not all somatic principles circulating literature and practice within the field improve or support pain or discomfort. Although this research addresses the individual experience at heart, outcomes of practice can be generalised for others. The prolonged embodied experience after engaging with practice pointed to certain somatic principles exacerbating and even worsening discomfort. As a researcher evolving practice within the field, it is important to acknowledge that not all practice has the potential to 'heal' the participant. From this experience (whether the experience was positive or negative), and after exploring each somatic principle in detail through improvised movement, the process developed into a thorough analysis of each principle to create a refined set of principles. These principles are detailed below in relation to literature and practice developed towards the end of the research process. Each refined principle encompasses the lived experience central, where I was able to devise and create somatic processes using the refined principles as a stimulus. It was through a process of exploration, investigation, improvised movement, reflection, description, and analysis that the refined principles were developed. The refined set of principles for pain and discomfort are:

1. The Breath
2. Movement Economy
3. The Skeleton
4. Rotation and Flow
5. Embodied Rhythm
6. Stretch, Extension and Elongation
7. Dynamic and Light Self-touch
8. Noticing and Addressing Habit
9. Rest and Active Stillness

As the nine refined somatic principles can be explored practically in the studio and pose different outcomes for different individuals, they act as a framework and starting point in which movement sessions can be developed. As a researcher, there is the potential to create a workshop series encompasses each principle. Further exploration of each principle in relation to the individual experience may offer varied outcomes and invites a range of different ways to engage through movement whether movement is minimal or expressive. This is where this small-scale investigation can potentially be expanded and applied to others within the community, academia and others experiencing pain or discomfort. The refined processes created from the refined set of principles are included in the Appendix.

The Breath

Today we are going to be looking at breath. The process will first invite you to gain an awareness of your breath and to notice your breathing pattern. The process will then invite you into movement to further explore how breath moves through your body, the relationship between movement and breath, and how your body responds to your breathing. The process invites you to notice your breath and notice what may be arising in your body.

Before we start the process, take a walk around the room. Notice how your body is feeling now. As we are going to be lying down on the floor in a comfortable manner, grab a pillow or a blanket to support you. If lying is uncomfortable for you, you can sit on a chair or rest your back on the wall. Change position throughout as you feel the need. Place a blanket on the floor and lie on your back with legs extended so your heels are resting into the ground and place your hands besides you with palms facing up at the ceiling. Rest your head on the pillow, making sure that the pillow is placed in a comfortable position and not straining your neck.

- *Allow your focus to soften.*

- *If it feels comfortable to do so, allow your eyes to close.*
- *Take a moment to notice how you are feeling.*
- *Is there any discomfort or tightness in your body?*
- *Notice any free or easeful sensations in your body.*
- *Release your head into the pillow, noticing the weight of your head.*
- *Notice your breathing pattern and how you are breathing.*
- *Inhale through your nose and allow your breath to exit through your mouth.*
- *Release your jaw and allow your face to relax.*
- *Notice whether you are breathing deeply, or if your breath is shallow.*
- *Perhaps your chest rises or expands with each inhale and softens or releases with each exhale.*
- *Notice the movement of your ribcage and chest as you continue to breathe.*
- *Place one hand lightly on your diaphragm underneath your ribcage and one hand on your sternum in the centre of your chest.*
- *Notice the movement of your torso as you breathe.*
- *Notice if your body is gently becoming softer or if there are any shifts in sensation.*
- *Notice what you can feel in your body right now.*
- *Notice if you become aware of your body releasing into the ground.*
- *Bring your awareness to a certain area of your body.*
- *This may be your head, your legs, your back, your shoulder perhaps.*
- *With each inhale, notice how this area of your body feels.*
- *Perhaps there is a sense of space.*
- *Perhaps there is a sense of release.*
- *Place your fingertips on this area if this is available to you.*
- *Notice the movement of this area as you breathe deeply.*
- *Notice how this area feels.*
- *Bring your attention to another area of your body as you rest into the blanket and the ground.*
- *Notice how this area feels in relation to your breathing.*
- *Begin gently placing a hand on this area and applying a gentle pressure as if your hand is simply resting, dropping its weight into your body.*
- *Notice any tightness or discomfort.*
- *Notice if this area of your body moves as you breathe and if this area becomes soft.*
- *Change position if you need to.*

- *Notice what you can feel in your body.*
- *Begin to gently move a certain area of your body.*
- *Your arm, your leg, your head, your shoulder perhaps.*
- *Movement can be as gentle and as slow as it needs to be.*
- *This may invite other movement from other areas of your body.*
- *Notice how your movement may shift as you move gently with ease.*
- *Stay aware of your breathing as you move.*
- *As you bring your movement to a close in your own time, allow your eyes to slowly open.*
- *Reflect in your own time after moving.*
- *You can make some notes, mark-make, or draw.*

Movement Economy

Today we are going to be looking at movement economy, which explores easeful, simple movement of the body. The process will first invite you to gain an awareness of your breath and to notice any movement that arises from pedestrian movement. This may be from walking, standing, or sitting. The process will then invite you into movement to further explore easeful, pedestrian movement and see whether minimal, simplistic movement can invite an improved awareness of your body. The process invites you to notice your movement and notice what may be arising in your body.

Before we start the process, make sure you have enough space to move. Take a walk around the room. Notice how your body is feeling now. As we are going to be starting the process stood up, make sure the space is clear and there is nothing in the way that you may trip over. Place a blanket on the floor if you would like or simply stand in the space. If standing feels uncomfortable, sit on a chair, cushion, or rest your back on the wall. Change position throughout as you feel the need. Stand with your legs shoulder width apart with arms resting comfortably by your sides. Allow your shoulders to drop, and your posture to remain comfortable. Plant your feet firmly into the floor, allowing your weight to spread into the ground. Sit on a chair if you need to instead.

- *Allow your focus to soften.*
- *If it feels comfortable to do so, allow your eyes to close.*
- *Take a moment to notice how you are feeling.*
- *Is there any discomfort or tightness in your body?*
- *Notice any free or easeful sensations in your body.*
- *Release your weight into the ground.*
- *Notice your breathing pattern and how you are breathing.*

- *Inhale through your nose and allow your breath to exit through your mouth.*
- *Release your jaw and allow your face to relax.*
- *Notice whether you are breathing deeply, or if your breath is shallow.*
- *Begin moving your body gently and slowly in a way that feels comfortable.*
- *You may raise your arm as if you are lifting something, or you may roll your head from side to side.*
- *Notice how this movement feels.*
- *Notice if your body is gently becoming softer or if there are any shifts in sensation.*
- *Notice what you can feel in your body right now.*
- *Notice if you become aware of your body releasing into the ground.*
- *Begin slowly stepping out in front of you and transfer your weight onto one foot.*
- *If standing, take a slow walk and gently open your eyes, softening the gaze.*
- *If sitting, step one foot out in front of you, followed by the other and slowly come to standing.*
- *Open your eyes if this feels comfortable.*
- *Perhaps you notice a shift in weight.*
- *Perhaps there is a sense of release.*
- *Notice how this simple movement feels and whether there is stiffness or a sense of flow.*
- *Continue to move gently, exploring different movements that feel comfortable.*
- *Walking, reaching, raising your legs, moving your upper and lower body.*
- *Notice how this movement feels.*
- *Notice any tightness or discomfort.*
- *Notice if your body moves with ease and if your movement becomes soft.*
- *Change position and your movement if you need to.*
- *Rest in stillness if you need to.*
- *Notice what you can feel in your body.*
- *Movement can be as gentle, slow, or dynamic as it needs to be.*
- *This may invite other movement from other areas of your body.*
- *Notice how your movement may shift as you move gently with ease.*
- *Stay aware of your breathing as you move.*
- *As you bring your movement to a close in your own time, allow your eyes to remain soft.*
- *Reflect in your own time after moving.*
- *You can make some notes, mark-make, or draw.*

The Skeleton

Today we are going to be looking at the bones in the skeleton. The process will first map your bones within your body and invite you to gain an awareness of their shape, form and structure. The process will then invite you into movement to further explore how the bones move, their relationship to one another, how the ground supports the weight of your bones, and invite a sense of ease into your body and movement. The process invites you to notice your bones and notice what may be arising in your body.

Before we start the process, take a walk around the room. Notice how your body is feeling now. As we are going to be lying down on the floor in a comfortable manner, grab a pillow or a blanket to support you. If lying is uncomfortable for you, you can sit on a chair or rest your back on the wall. Change position throughout as you feel the need. Place a blanket on the floor and lie on your back with legs extended so your heels are resting into the ground and place your hands besides you with palms facing up at the ceiling. Rest your head on the pillow, making sure that the pillow is placed in a comfortable position and not straining your neck.

- *Allow your focus to soften.*
- *If it feels comfortable to do so, allow your eyes to close.*
- *Take a moment to notice how you are feeling.*
- *Is there any discomfort or tightness in your body?*
- *Notice any free or easeful sensations in your body.*
- *Release your head into the pillow, noticing the weight of your head.*
- *Notice your breathing pattern and how you are breathing.*
- *Inhale through your nose and allow your breath to exit through your mouth.*
- *Release your jaw and allow your face to relax.*
- *Begin gently rolling your head to one side so your ear touches the pillow.*
- *Slowly bring your head back to centre, so the back of your head is resting into the ground.*
- *Repeat on the other side, so your other ear tips into the pillow and bring your head back to centre, resting the back of your head into the pillow.*
- *Notice how this feels as you rock your head from side to side.*
- *Notice if your neck or head is gently becoming softer or if there are any shifts in sensation.*
- *Notice what you can feel in your body right now.*
- *Bring your awareness to your ribcage and your chest.*
- *With each inhale, notice how your chest and rib cage expands and your shoulders raise.*
- *Place your fingertips on your collar bones as they sit above your rib cage under your chin.*

- *Notice the movement of these bones as you breathe deeply.*
- *Notice their shape and how they feel.*
- *Bring your attention to your shoulder blades as they rest into the blanket and the ground.*
- *Notice how they feel in relation to the floor, notice their shape.*
- *Begin gently raising your shoulders towards your ears and lowering your shoulders back down to a resting position.*
- *Notice any tightness or discomfort.*
- *Notice if your shoulders move as you breathe and if they become softer.*
- *Change position if you need to.*
- *Bring your awareness to your arms as they lay beside you.*
- *Notice their weight.*
- *Notice how they feel in relation to your shoulders.*
- *Notice how the bones in your arms gently rest, softening and easing into the ground.*
- *Focusing on your hands, notice how the bones spread as your palms face the ceiling.*
- *Place your fingertips on one of your hands to notice the small, delicate bones in your fingers.*
- *Notice their shape, their form.*
- *Notice how each bone in the hands and fingers are interconnected.*
- *Notice the ground supporting the weight of your hands and fingertips as your bones rest.*
- *Change position if you need to.*
- *Bring your awareness to your spine, noticing its length.*
- *Notice how the bones of your spine release into the ground.*
- *Notice any softening or any stiffness as you rest.*
- *Lift your knees to the ceiling and place your feet flat on the ground if this feels available.*
- *Notice how raising the knees invites an awareness of the lower spine and the pelvis.*
- *Notice your pelvis softening into the ground as an extension to your spine.*
- *Notice the round, bowl like shape of your pelvis as it releases.*
- *Notice your legs as your knees face the ceiling and your feet are planted on the floor.*
- *Release your legs out in front of you with your heels resting on the ground if this feels comfortable.*
- *Notice how the ground is supporting the weight of your bones.*
- *Notice how your bones feel as they simply rest.*
- *Notice what you can feel in your body.*
- *Begin to gently rock your head from side to side again to revisit the movement of your head.*
- *This may invite other movement from other bones.*

- *Your collar bones, your shoulders, your arms perhaps.*
- *Notice how your movement may shift as you move gently with ease.*
- *Notice how the bones move in relation to one another.*
- *Stay aware of your breathing as you move.*
- *As you bring your movement to a close in your own time, allow your eyes to slowly open.*
- *Reflect in your own time after moving.*
- *You can make some notes, mark-make, or draw.*

Rotation and Flow

Today we are going to be looking at rotation and flow. The process will first explore rotating the joints and invite you to gain an awareness of the circular pathways of your body. The process will then invite you into movement to explore how your body can rotate and flow to invite a sense of ease into your body and movement. The process invites you to notice what may be arising in your body.

Before we start the process, take a walk around the room. Notice how your body is feeling now. As we are going to be lying down on the floor in a comfortable manner, grab a pillow or a blanket to support you. If lying is uncomfortable for you, you can sit on a chair or rest your back on the wall. Change position throughout as you feel the need. Place a blanket on the floor and lie on your back with legs extended so your heels are resting into the ground and place your hands besides you with palms facing up at the ceiling. Rest your head on the pillow, making sure that the pillow is placed in a comfortable position and not straining your neck.

- *Allow your focus to soften.*
- *If it feels comfortable to do so, allow your eyes to close.*
- *Take a moment to notice how you are feeling.*
- *Is there any discomfort or tightness in your body?*
- *Notice any free or easeful sensations in your body.*
- *Release your head into the pillow, noticing the weight of your head.*
- *Notice your breathing pattern and how you are breathing.*
- *Inhale through the nose and allow your breath to exit through your mouth.*
- *Release your jaw and allow your face to relax.*
- *Bring your attention to an area of your body or a joint that feels tight or stiff.*
- *Your wrists, your shoulders, your hips, your head perhaps.*
- *Begin gently rotating this area in a circular pathway.*
- *As if you are drawing a circle in the space with this area of your body.*

- *Notice how this feels as you rotate gently and slowly.*
- *Notice if your movement is becoming softer or if there are any shifts in sensation.*
- *Notice what you can feel in your body right now.*
- *If rotating the wrists, notice the quality in which you are rotating them.*
- *Bring your awareness to another area of your body.*
- *Your head, your ankles, your legs.*
- *Explore rotating this part of your body.*
- *Notice any different sensations.*
- *Notice the movement quality and how movement feels.*
- *This may invite other movement from other joints and areas of your body.*
- *Your shoulders, your arms perhaps.*
- *Notice how your movement may shift as you move gently with ease.*
- *Notice how your joints move in relation to one another.*
- *Stay aware of your breathing as you move.*
- *As you bring your movement to a close in your own time, allow your eyes to slowly open.*
- *Reflect in your own time after moving.*
- *You can make some notes, mark-make, or draw.*

Embodied Rhythm

Today we are going to be looking at embodied rhythm. The process will first invite you to notice the rhythm of your breathing to gain awareness of different rhythms within your body. The process will then invite you into movement to further explore the rhythm of breath, the rhythm of your heart, and how movement may arise from our embodied, innate rhythms. The process invites you to notice your rhythm and notice what may be arising in your body.

Before we start the process, take a walk around the room. Notice how your body is feeling now. As we are going to be lying down on the floor in a comfortable manner initially, grab a pillow or a blanket to support you. If lying is uncomfortable for you, you can sit on a chair or rest your back on the wall. Change position throughout as you feel the need. Place a blanket on the floor and lie on your back with legs extended so your heels are resting into the ground and place your hands besides you with palms facing up at the ceiling. Rest your head on the pillow, making sure that the pillow is placed in a comfortable position and not straining your neck.

- *Allow your focus to soften.*
- *If it feels comfortable to do so, allow your eyes to close.*

- *Take a moment to notice how you are feeling.*
- *Is there any discomfort or tightness in your body?*
- *Notice any free or easeful sensations in your body.*
- *Release your head into the pillow, noticing the weight of your head.*
- *Notice your breathing pattern and how you are breathing.*
- *Inhale through the nose and allow your breath to exit through your mouth.*
- *Release your jaw and allow your face to relax.*
- *Notice the natural rhythm of your breathing.*
- *Notice if your breath rhythm changes in anyway as you rest into the ground.*
- *Begin slowly mimicking the rhythm of your breath by gently opening and closing your hands.*
- *As you inhale, gently open your hands out straight.*
- *As you exhale, gently close them.*
- *Repeat this movement for a moment.*
- *Notice how this feels as you mimic your breathing with your hands.*
- *Notice if your hands are gently becoming softer or if there are any shifts in sensation.*
- *Notice what you can feel in your body right now.*
- *As you continue to mimic your breath rhythm with your hands, bring your awareness to your feet and your toes.*
- *Invite movement from your feet to join this rhythm.*
- *Notice the movement of your hands and feet as you breathe deeply.*
- *Notice any tightness or discomfort.*
- *Notice any softening.*
- *This may invite other movement from other parts of your body.*
- *Your arms, your legs, your head perhaps.*
- *Notice how your movement may shift as you move gently with ease.*
- *Notice how rhythm moves your body.*
- *Explore slow, gentle, fast, dynamic movement and notice how your body feels.*
- *Stay aware of your breathing as you move.*
- *As you bring your movement to a close in your own time, allow your eyes to slowly open.*
- *Reflect in your own time after moving.*
- *You can make some notes, mark-make, or draw.*

Stretch, Extension and Elongation

Today we are going to be looking at stretch, extension and elongation. The process will first invite you to become aware of any areas of your body that need stretching, and invite natural, easeful and comfortable movement to gain an awareness of how your body feels. The process will then invite you into movement to further explore extension, elongation, and stretching, noticing the weight and ease of your body. The process invites you to notice your body sensations and notice what may be arising in your body.

Before we start the process, take a walk around the room. Notice how your body is feeling now. As we are going to be lying down on the floor in a comfortable manner, grab a pillow or a blanket to support you. If lying is uncomfortable for you, you can sit on a chair or rest your back on the wall. Change position throughout as you feel the need. Place a blanket on the floor and lie on your back with legs extended so your heels are resting into the ground and place your hands besides you with palms facing up at the ceiling. Rest your head on the pillow, making sure that the pillow is placed in a comfortable position and not straining your neck.

- *Allow your focus to soften.*
- *If it feels comfortable to do so, allow your eyes to close.*
- *Take a moment to notice how you are feeling.*
- *Is there any discomfort or tightness in your body?*
- *Notice any free or easeful sensations in your body.*
- *Release your head into the pillow, noticing the weight of your head.*
- *Notice your breathing pattern and how you are breathing.*
- *Inhale through the nose and allow your breath to exit through your mouth.*
- *Release your jaw and allow your face to relax.*
- *Notice your weight releasing into the ground.*
- *Begin gently rolling onto your side allowing your head to stay in contact with the pillow.*
- *Allow your legs to rest on their sides, and your pelvis to rest into the ground.*
- *Notice any sensations in your body as you roll slowly.*
- *Allow your legs to release into a comfortable position as your cheek rests on the pillow.*
- *As your hip gently releases into the ground, invite your feet to rest where they are comfortable.*
- *Notice if this side of your body is gently becoming softer or if there are any shifts in sensation.*
- *Notice what you can feel in your body right now.*

- *Bring your awareness to your arm facing the ceiling.*
- *With each exhale, slowly stretch your arm out straight into the space allowing your shoulder to raise near your ear.*
- *Notice the quality of your movement as you lift your arm and exhale deeply.*
- *Notice how your arm and your shoulder feels when engaged in this stretch.*
- *Notice if you need to stretch or extend your arm further, noticing any tension.*
- *Allow your arm to release and rest into the ground if you need to.*
- *Change position if you need to.*
- *Notice any tightness or discomfort.*
- *Notice the ground supporting the weight of your body.*
- *Bring your attention to your head and your neck.*
- *Begin gently lifting and raising your head off the pillow towards your chest and slowly release back down to the floor.*
- *This raise may feel like you are nodding your head very slowly.*
- *Do this a few times to become aware of any sensations.*
- *Notice the weight of your head as you raise and lower.*
- *Notice the intricacies of the muscles moving within your neck.*
- *This may invite other movement from other areas of your body in need of a stretch.*
- *Your legs, your back, your arms.*
- *Explore curling, reaching, stretching, extending.*
- *Change position if you need to.*
- *Notice what you can feel in your body.*
- *Notice if stretching invites a yawn.*
- *Stay aware of your breathing as you move.*
- *As you bring your movement to a close in your own time, allow your eyes to slowly open.*
- *Reflect in your own time after moving.*
- *You can make some notes, mark-make, or draw.*

Dynamic and Light Self-touch

Today we are going to be looking at touch. The process will first invite different qualities of self-touch whilst engaging with breath awareness. The process will then invite you into movement to further explore dynamic and light touch, how qualities of touch can initiate movement, and how touch can invite a sense of ease into your body and movement. The process invites you to notice your body through touch and notice what may be arising in your body.

Before we start the process, take a walk around the room. Notice how your body is feeling now. As we are going to be lying down on the floor in a comfortable manner, grab a pillow or a blanket to support you. If lying is uncomfortable for you, you can sit on a chair or rest your back on the wall. Change position throughout as you feel the need. Place a blanket on the floor and lie on your back with legs extended so your heels are resting into the ground and place your hands besides you with palms facing up at the ceiling. Rest your head on the pillow, making sure that the pillow is placed in a comfortable position and not straining your neck.

- *Allow your focus to soften.*
- *If it feels comfortable to do so, allow your eyes to close.*
- *Take a moment to notice how you are feeling.*
- *Is there any discomfort or tightness in your body?*
- *Notice any free or easeful sensations in your body.*
- *Release your head into the pillow, noticing the weight of your head.*
- *Notice your breathing pattern and how you are breathing.*
- *Inhale through the nose and allow your breath to exit through your mouth.*
- *Release your jaw and allow your face to relax.*
- *Bring your awareness to your chest and rib cage.*
- *With each inhale, notice how your chest and rib cage expands.*
- *Place your hands on either side of your ribcage to notice the movement of breath.*
- *Expanding sideways, up, down.*
- *Notice how this feels as you apply a gentle pressure on your ribcage.*
- *Notice if your hands are gently becoming softer or if there are any shifts in sensation.*
- *Notice what you can feel in your body right now.*
- *Rest here for a moment, noticing the quality of your touch.*
- *Notice any tightness or discomfort.*
- *Change position if you need to.*
- *Bring your attention to your heart and place a hand on your heart.*
- *Notice if you become aware of your heart beating through your hand.*
- *Notice the rhythm of your heart.*
- *As your hands rest here, apply some gentle pressure and notice if there are any shifts in sensation.*
- *Notice any softening or any stiffness as you rest.*
- *Change position if you need to.*

- *Begin placing your hands on another area of your body.*
- *Your head, your shoulder, your knee, your back.*
- *This touch may invite movement from this area of your body.*
- *Notice how your movement may shift as you move gently with ease.*
- *Stay aware of your breathing as you move.*
- *As you bring your movement to a close in your own time, allow your eyes to slowly open.*
- *Reflect in your own time after moving.*
- *You can make some notes, mark-make, or draw.*

Noticing and Addressing Habit

Today we are going to be looking at noticing and addressing our movement habits. The process will first focus on what movement feels comfortable for you and explore these movements in relation to how your body is feeling. The process will then invite you into movement to further explore different types of movement and how your body responds to a range of movement. We will explore your body weight and invite a sense of ease into your body and movement. The process invites you to notice your movement and what may be arising in your body.

Before we start the process, take a walk around the room. Notice how your body is feeling now. As we are going to be lying down on the floor in a comfortable manner initially, grab a pillow or a blanket to support you. If lying is uncomfortable for you, you can sit on a chair or rest your back on the wall. Change position throughout as you feel the need. Place a blanket on the floor and lie on your back with legs extended so your heels are resting into the ground and place your hands besides you with palms facing up at the ceiling. Rest your head on the pillow, making sure that the pillow is placed in a comfortable position and not straining your neck.

- *Allow your focus to soften.*
- *If it feels comfortable to do so, allow your eyes to close.*
- *Take a moment to notice how you are feeling.*
- *Is there any discomfort or tightness in your body?*
- *Notice any free or easeful sensations in your body.*
- *Release your head into the pillow, noticing the weight of your head dropping into the ground.*
- *Notice your breathing pattern and how you are breathing.*
- *Inhale through your nose and allow your breath to exit through your mouth.*
- *Release your jaw and allow your face to relax.*
- *Notice what parts of your body are touching and releasing into the ground.*

- *Begin pointing your toes towards the ground and flexing your toes towards the ceiling on one foot.*
- *Notice how this feels as you move your toes.*
- *Notice if your foot is gently becoming softer or if there are any shifts in sensation.*
- *Notice what you can feel in your body right now.*
- *Bring your awareness to your opposite hand.*
- *If you were moving your right foot, become aware of your left hand.*
- *Begin gently moving your hand in opposition to your foot.*
- *If pointing your right foot, begin scrunching your left hand into a fist position.*
- *If flexing your right foot, begin opening your left hand and extending until your fingers are spread open.*
- *Notice how this small, intricate movement feels.*
- *This may invite other movement from your arms or your legs.*
- *Repeat on the other side to notice any different sensations.*
- *If pointing your left foot, begin scrunching your right hand into a fist position.*
- *If flexing your left foot, begin opening your right hand and extending until your fingers are spread open.*
- *Notice any tightness or discomfort.*
- *Slowly come up to sitting, making sure that you are sat comfortably.*
- *Bring your awareness to one arm as you reach up to the ceiling.*
- *Allow your head to follow as you tilt your head up towards the ceiling.*
- *Change position if you need to.*
- *Bring your arm and head back to centre and rest.*
- *Repeat this with the other arm and extend the head back to face the ceiling.*
- *Do this a few times to notice any different sensations in each arm.*
- *Notice how reaching may feel more comfortable on one side compared to the other.*
- *Notice the ground supporting the weight of your body.*
- *This may invite other movement from other areas of your body.*
- *Notice what you can feel in your body.*
- *This may take you to standing.*
- *Notice how your movement may shift as you move gently with ease.*
- *Stay aware of your breathing as you move.*
- *As you bring your movement to a close in your own time, allow your eyes to slowly open.*
- *Reflect in your own time after moving.*

- *You can make some notes, mark-make, or draw.*

Rest and Active Stillness

Today we are going to be looking at rest and active stillness. The process will first invite you to gain an awareness of your breath and to notice your breathing pattern. The process will then invite you to rest in stillness to further explore any sensations, tightness and places of ease in your body. If you feel like moving minimally, the process will invite you into active stillness. The process invites you to notice what may be arising in your body.

Before we start the process, take a walk around the room. Notice how your body is feeling now. As we are going to be lying down on the floor in a comfortable manner, grab a pillow or a blanket to support you. If lying is uncomfortable for you, you can sit on a chair or rest your back on the wall. Change position throughout as you feel the need. Place a blanket on the floor and lie on your back with legs extended so your heels are resting into the ground and place your hands besides you with palms facing up at the ceiling. Rest your head on the pillow, making sure that the pillow is placed in a comfortable position and not straining your neck.

- *Allow your focus to soften.*
- *If it feels comfortable to do so, allow your eyes to close.*
- *Take a moment to notice how you are feeling.*
- *Is there any discomfort or tightness in your body?*
- *Notice any free or easeful sensations in your body.*
- *Release your head into the pillow, noticing the weight of your head.*
- *Notice your breathing pattern and how you are breathing.*
- *Inhale through your nose and allow your breath to exit through your mouth.*
- *Release your jaw and allow your face to relax.*
- *Bring your awareness to your ribcage and your chest.*
- *With each inhale, notice how your chest and rib cage expands and your shoulders raise.*
- *Notice the movement of your body as you breathe deeply.*
- *Bring your attention to any parts of your body that are resting into the ground.*
- *Your shoulders, your back, your heels.*
- *Notice how they feel in relation to the floor.*
- *Allow your weight to release into the ground as you exhale deeply.*
- *Notice any tightness or discomfort.*
- *Notice how your body is supported by the ground.*

- *Notice the ground supporting your weight as you rest.*
- *Change position if you need to.*
- *Notice any softening or any stiffness as you rest.*
- *Notice what you can feel in your body.*
- *Begin to gently rock your head from side to side, allowing your ears to rest on the pillow.*
- *This may invite small, minimal movement from other areas of your body.*
- *Your shoulders, your arms perhaps.*
- *Notice how your movement or body feels as you move gently with ease.*
- *Stay aware of your breathing as you move very minimally.*
- *As you bring your movement to a close in your own time, allow your eyes to slowly open.*
- *Rest in stillness, noticing how your body feels right now.*
- *Reflect in your own time after moving.*
- *You can make some notes, mark-make, or draw.*