

## Poetic Reflections: Movement Films

### **The Breath**

*Listening, noticing, feeling, my breath circulates my body, inviting support to the tissues within  
The rise and fall of my breathing body initiates movement from places of expanse, places of clarity,  
and places of discomfort*

*My neck fills with space as I inhale, offering lightness and a place for possibility, curiosity  
My awareness shifts throughout my body, simple and easeful to release the ingrained stiffness that  
resides within*

*Listening*

*Noticing*

*Heavy bones, jerky bones, stillness*

*I honour the moment, savouring this delightful sensation that pours into my body*

*Simplicity comes into consciousness; how can simple movement and simple intentions make such a  
difference to my physical wellbeing?*

*I ponder this through movement, engaging with ease and release, rise and fall, slowing down*

*Breath carries movement, mimicking, reflecting, resonating in the moment*

*Breath, space, body, bones, sensation*

### **Movement Economy**

*Swaying, feeling balance, feeling ground, my body moves with curiosity and spontaneity through the  
space to explore simplicity, ease, and what it means to be minimal*

*Sensing space around my limbs, the air carries my body as gravity supports my being*

*My joints move in tandem, noticing my body's form and positioning in space*

*How can movement simplicity support my body?*

*Tilting, juddering, and swinging in motion, I play with texture, sensation, and intention*

*Rolling, nodding, shaking, my head moves with clarity to avoid stiffness and restriction*

*I want to be easeful; I want release, I yearn to be positive*

*Stepping feet and curious hands, clear, concise, informed*

*My joints move in tandem, strengthening the relationship between movement, self, and sensations  
present*

*My extremities play on the spot, noticing what it means to move in an explorative, yet simple way*

*What does it mean to be playful?*

*Curiosity and sensation go hand in hand*

### **The Skeleton**

*Listening to bone, listening to breath, listening to joints, I wait a while noticing*

*Limbs in the air, grounded feet and swaying joints, my bones communicate with one another silently, presently*

*Small and minimal, my movement exploration flourishes through my body to evoke an awareness of intricacies, ease, and discomfort*

*Spiralled head, rolling shoulders, rippling spine, and flowing neck, my movement manifests in the upper body, waiting for rest*

*Hands, arms, head, and neck in communicative relationship, noticing how space and air affects sensations*

*My feet, knees and spine are all connected through the central axis of my body*

*How can this connection carry ease and fluidity?*

*My movement becomes slow, careful, and sustained to avoid any jerks, heavy bones, or unease*

*Shifting to a sharp, dynamic intention, movement differs, and sensations differ; bones feel alive and light*

*My focus and attention reside in the internal- what is the relationship with the external?*

*Skull and cervical spine lead the way whilst fingers contact the air, noticing tiny movement*

*Watching, observing, witnessing my body in space, I carry my awareness throughout the skeleton, playing with sensation to test the water*

*How can a relationship with my whole skeleton affect my cervical spine in such a profound way?*

### **Rotation and Flow**

*Spiralling and circling my body, I engage with sustained listening of my body in motion*

*My head, neck, shoulders, spine, and arms are all in relationship, moving together, moving as one*

*Clockwise and anticlockwise, the exploration takes shape in the form of changing pathways*

*My body folds and unfolds as it rotates and releases*

*Swing, release, rotate, flow*

*I open my awareness to space, sensation, and my internal landscape, noticing stiffness that needs tending to in the moment*

*How can slow, rotational motion alter my perception of sensation?*

*Flowing through my body, moving softly, giving way to movement opportunities*

*Rolling and unwinding, my neck feels light and expansive with space  
Still and restful listening- how are my limbs in relationship with my core?  
My wrists roll and shoulders follow in a pathway of communication  
My spine engaged, supple and supportive whilst movement flows  
My feet grounded, planted on the floor to support directional movement*

### **Embodied Rhythm**

*Curious and expansive, my body moves to the music  
Dynamic flowing and focused attention, my movement pathways follow the leader and mimic the music  
As I release my head, my arms, spine, and upper body follow in relationship to engage with expression and form  
Sway, swing, stomp, and flick  
My feet light, bouncing in time with the rhythm of my body- I explore weight and sensation  
Following a call and response from within, I notice how my body desires to move continuously with an altered state of awareness  
Staccato and sharp, my body differs in intention, allowing my neck to unfold sensation differently  
Movement is loud and quiet; I take shape from an internal urge to move  
High and low, I explore different levels to further explore sensation, up and down, side to side  
Continuously mimicking percussion, beats, rhythmic, embodied  
Go, pause, go, pause, my body plays with speed and tempo  
Tension releases as sharp movement support the muscles in motion*

### **Stretch, Extension & Elongation**

*Muscles contracting, releasing, stretching, lifting my awareness  
Freeing and expansive, movement is sustained and easeful  
As I arch my spine, I sense a release and a softening in the moment; arms rested, supported by the ground  
Weight into ground, into gravity, into space, into air, into sky, weight pours into hand and into feet to explore authentic shifts in the moment  
Rolling head, rolling neck, releasing tension in the cervical spine  
I contact space, I contact ground*

*My torso is engaged, supple and fluid*

*Body planted into the ground, I rest, listen, release into mass and weight- how can I extend my body even further to notice more sensation? Is this sensation delightful, or is sensation manifesting in discomfort?*

*Becoming aware of how stretching and extending can support my muscles and my bones*

*As I rest into extension, I pause in sensation*

*Padding feet, walking toes*

*My arms explore space and contact with my neck, back and the air- How can I elongate my neck?*

### **Dynamic and Light Self-Touch**

*Listening through my hands, they explore my head, skull, neck, air, space, sky*

*Still and quaint, my body responds to touch in a minimal yet explorative way, taking in the sensations of varying degrees of touch*

*Like a butterfly on a Lilypad, like a cushion under my cheek*

*Light and shade, extending and contracting*

*My fingertips are supple and soft, pressing their presence into my body*

*My shoulders respond to the grip of my fingertips, rotating, dropping, and releasing into the air*

*Head, spine, neck, face, and hands in relationship*

*I remain quiet and still, listening and noticing- what happens between touch and the release of the hands?*

*I gently massage and manipulate, initiating movement from my touch; hands doing all the work*

*Sustained, tranquil and easeful*

*My hands touch the ground, noticing the connection with earth- what is the relationship between touch, ground, and body?*

*Swaying and switching awareness throughout my body, I notice sensation arising*

### **Noticing and Addressing Habits**

*Crossroads and pathways from within carry my body in different directions*

*Dynamic and curious- where is my body going to? How can my movement shift in the moment?*

*I engage with spontaneous questioning, shifting attention to different areas of my body*

*My movement is playful and expansive, intricate, and minimal*

*Grounded feet, flourishing hands*

*I explore diagonal pathways, noticing different directions and relationships to space*  
*I swivel, circle, open, close and rest in stillness, waiting for another impulse to shift my movement awareness*  
*My head leads and my neck follows, following the leader, following intention*  
*Eyes closed and eyes open, my body reacts to sensation and movement pathways both internally and externally*  
*I shuffle, step, turn, spin, flick, kick, hold*  
*My neck opens and closes, releases, and contracts*  
*Active listening is key in activating movement*

### **Rest and Active Stillness**

*I remain still, listening minimally*  
*My head contacts the ground and the air rests on the front surface of my body*  
*I notice breath, notice tension, notice lightness, places of light and shade*  
*Resting, supporting, engaged*  
*I focus my attention on the internal landscape of my body, my body functions in the moment*  
*Hand releasing, neck jittering, spine tense, I rock my head from side to side releasing muscles, releasing discomfort*  
*I roll gently, extend, and sit in stillness noticing shifts in different body positions*  
*Noticing weight dropping into muscle and bone*  
*Active listening and active resting*  
*Slow, sustained, and minimal*  
*My body rocks, rolls, pushes, and pulls into the ground compassionately, organically*  
*Movement is light whilst head and hands carry intention- what arises through stillness?*