

Poetic Reflections: Initial Movement Explorations

Breath Awareness and The Fluid Body

*Stopping and listening, my body feels still and quaint
Time has stopped and I feel myself falling deeper into my body
Breath is freeing, breath is shallow, breath is deep, breath is movement
Fluid and flowing, my body meanders in the space not wanting to stop moving
How can I focus on both at the same time? Breath and fluidity go hand in hand like equals
throughout my body
Like water trickling through from head to toe, my spine feels soft and gelatinous
Slow, suspended, aware, I follow the flow of my body, letting go of my thoughts
My neck fills with fluid, lighter and easeful
Space opens and light pours in
I feel free and expressive*

The Inner Witness and Non-Judgemental Witness

*Who am I? What is my body doing? How am I moving?
Consciously aware, I acknowledge my movement, the space, the sensations
Questions, questions, questions
This is difficult- my mind is conflicted and it is tricky to focus on two principles at one time
How do I not judge my movement? Just go with the flow, follow sensation, and see where the journey
leads to
Stillness, sustained and explorative, I notice my body filling space and expanding
Thoughts are creeping in and my mind is wandering- bring it back to the breath and breathe
I feel muddled but explorative
Different levels and grounded movement, I twist, turn and release
As I walk round the space, I ponder my thoughts and questions- how can I forget my judgement?*

Initiation and Habitual Movement Patterning

My body leads an exploration of space, dynamics, and movement choices

Where can I go next? What part of the body will get involved?

Spiralling, jagged, straight, fluid, my body feels different, different sensations arise from within

As I question my movement, my body takes over

An organic, authentic play with space and body parts

My head and neck focuses on hands and legs, intentionally following different directions of movement

My spine feels strained and my neck stiff- perhaps I need to change position?

Rocking, bouncing, lunging, sweeping, my whole body moves at different times

My mind starts to wander, stop questioning and keep moving

Pausing to recollect my thoughts and sensations- I can move and I want to move

Internal Awareness and Gravity

Resting, easing, and releasing, my body feels calm, collected, and minimal

Breathe slowly, slowly, slowly

My body is grounded, sinking into the floor and onto the blanket

I feel the space above me, below me, and around me, the air and vast studio around me

Bring it back to the breath, slow, sustained, deep breathing

Stretching feels like a continuous movement, filling space contacting ground

Does gravity weigh me down? Yes- I feel a weight or an anchor

Rocking from right to left, my head rolls from side to side, tipping into the ground

Like water gushing peacefully, I rest and acknowledge my tension that is present as it slips away into the ground

Touch and Cellular Awareness

My hands spread, not tense but splayed comfortably

Light and purposeful, my touch explores my head and neck, as they tip from side to side, pooling with energy and lightness

Comforting and tactile, my hands are warm and soft offering warmth to disjointed areas

My head feels heavy as it rests into sensations present- my body shifts, rests, and stays with the experience

How can I contact the cells within my body? This seems to be tricky in the moment

Is this intention too detailed?

I sense tension in my shoulders, rolling and circling