

other parts of the body. What is the sensation? Lightness, pleasure, tingling? Can you amplify these sensations through movement? Can you make yourself feel more effort/presence? Can we amplify into the space beyond the skin? Maybe in the room, the ribs, the solar plexus?

How are these qualities making you feel? What sensations appear in the body? Can you find a new tempo/rhythm in this sensation? How does the tempo expand?

Whatever memory is present right now, focus in on the body sensation. Can you intensify it for 10 seconds (count). Can you make more of this sensation in the body. Now decrease in 10 (countdown). From here: notice if anything new is popping up in the body. Hold on to that and start moving from that. See if there is some association in the body from that memory. Focus into the location in the body where the memory is landing. Find the quality of the sensation and move the body into it.

Can you stay in it? Can you make other parts of the body move in the same quality? What is the timing/speed/rhythm? Can you zoom into it and make it clearer? Can we play with it? Where does it sit in that space? Come back to the memory that generated the new sensation. Can you expand the sensation into all the movement, the space around you? Where else in the body is this? How else do you feel about it? Can that new sensation also be there? Play with the rhythm, the tempo? How does that change the body? Does it change the memory? Allow yourself to have a dance with this.

Gradually come to sitting or lying down, to a nap eyes closed. Think back to how it was. How was the sensation, the memory the change the journey? What did you go through. Revisit what you remember. Take a few breaths and come up to sitting or you're ready.

Brief check-in. Anybody who would spontaneously want