



Mirroring (*Morningstar*)

Face a partner. One person moves – slowly, smoothly, safely – the other does the same movement. Try different directions (up, down, side to side, forward and backward), different levels (high and low), different pathways with the arms (curved, straight and zig zag), different relationships in relation to your own selves (above, below, around, through, between, behind....) and different sizes of movement (big and small). Move towards and away from your partner if you choose. Trade roles several times.

Blind Mirror – go palm to palm with your partner. Both close eyes. One leads movement in place, the other follows. Trade roles several times. Float your hands to your sides and separate your eyelashes to slowly to open your eyes. You can do this sitting in chairs facing, standing or sitting on the floor.

Resting (*Floating Island*)

Lie in the resting shape on your back, arms and legs at 45° angle from the body with eyes closed, and let the weight of your body give in to the floor.

Keep space between you and others. Be away from the wall. While the leader moves among the group, gently manipulating legs, arms, and head to align the body and increase relaxation, pretend you are pretending to be asleep; let your body be heavy. Don't "help" during adjustment. If you have a problem being touched, let the leader know.

Breathe slowly, fully and deeply. When you are done, keep your eyes closed. Bend your knees so feet rest on the floor. Roll to your right side, use your hands to push up to sitting, sit legs crossed/ back straight, and slowly open your eyes.