

MYSELF, MY BODY & MY AXIS-INDIVIDUAL

Metodo Integrato Marchio-Patti®
BY ASS. LA CITTÀ DEL SOLE



individual



indoors



bodywork | drawing



30 min

PURPOSE

SELF AWARENESS:

- mind-body balance
- awareness and knowledge of yourself
- improving one's relationship with yourself

MATERIALS

- paper
- colors
- comfortable clothes

PREPARATION

- * Find a quiet space where the participants can be comfortable.

INTRO

* This is a psycho-physical relaxation and is to be done in a standing position.



STEPS

1. With the eyes closed, take a deep breath, take another one. Imagine a colour and imagine that every time you breathe in, the colour colours your body slowly. Your head, your neck, your shoulders, your arms, your hands, your chest, your abdomen, your back, your pelvis, your thighs, your knees, your legs, your feet.
2. Imagine that every time you breathe in, calmness and peace enter your body, every time you breathe out, you let go of all the tension and tiredness.
3. Now imagine an inner line that begins at the top of your head, goes through your body and reaches the ground, right between your feet. Feel this line as a support of your body. This line is flexible and does not lose its shape. It is your axis.
4. What colour is it? What is it made of? How big is it?
5. Now take a deep breath. Open your eyes, take a piece of paper and try to draw your axis.



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REFLECTION

- How did you feel during relaxation?
- What feelings did you have when you pictured your axis?
- How do you think this activity can contribute for resilience building?

COMMENTS

- This type of activity is useful for listening to your own needs.
- It can be carried out as a daily activity to recover your physical and mental energy.
- This activity integrates different types of activities within itself: the theory employed includes the Bioexistentialist Model by psychophysiologist V. Ruggieri, the Autogenic Training by psychiatrist J. H. Schultz, the Progressive Muscle Relaxation by E. Jacobson, and the Waking Dream by Desoille.